



life

IN ROCKVILLE

Fall 2018

Recreation and Parks Activity Guide



Calendar of Events Fall 2018

August

- 8 **Movies in the Parks:** "Coco" Rated PG, 8 p.m., Maryvale Park, 812 First St. Free. See page 50.
- 9 **Peerless Rockville Speaker Series:** 200 Years of Education, 7 p.m., F. Scott Fitzgerald Social Hall, Free. See page 50.
- 15 **Movies in the Parks:** "Little Giants" Rated PG, 8 p.m., Mattie J.T. Stepanek Park, 1800 Piccard Drive. Free. See page 50.
- 22 **Movies in the Parks:** "Moana" Rated PG, 8 p.m., Potomac Woods Park, 1380 Stratton Drive. Free. See page 50.
- 24 **Back-To-School Jam:** School backpack distribution, \$2 per backpack. 6-8:30 p.m., Lincoln Park Community Center, 357 Frederick Avenue. See page 8.

September

- 8 **Doggie Dip Day:** Noon - 4 p.m., Rockville Swim and Fitness Center. Cost is \$5 per dog. See page 45.
- 8 **Green Your Backyard:** 10-11:30 a.m., Twinbrook CRC. Free. See page 18.
- 11 **Peerless Rockville Speaker Series:** 7 p.m., Public Art and the Rockville Cityscape. Social Hall. Free. See page 50.
- 22 **Local First Responders Community Day:** 10 a.m.-noon, Twinbrook Community Center. Free. See page 4.

October

- 6 **Community Indoor Fall Yard Sale:** 8 a.m.-1 p.m., Lincoln Park Community Center. Cost is \$30 per table for vendors. Free. See page 7.
- 19 **Croydon Creep:** 6-8 p.m., Croydon Creek Nature Center, \$5 pp at door. Adults and children under two are free. See page 18.
- 20 **22nd Annual F. Scott Fitzgerald Literary Festival:** 8:30 a.m.-6:30 p.m., Richard Montgomery High School. Free. See page 51.
- 20 **57th Annual Rockville Antique & Classic Car Show:** 11a.m.-3:30 p.m. (no rain date), Rockville Civic Center Park. Free. See page 35
- 20 **Halloween Spook and Find:** 1-3 p.m., Lincoln Park Community Center. Register for #7059. \$5R/\$7NR. Ages 5 +. See page 8.
- 24 **Toddler Time – Peek-A-Boo Halloween:** 10 a.m-noon, Lincoln Park Community Center. Ages 1-5. Register #7070 \$5R/\$7NR. See page 13.
- 26 **Monster Mash Family Dance:** 7-9 p.m.,Twinbrook Community Center. See page 13.
- 27 **Halloween Haunt:** 2-4 p.m., Thomas Farm Community Center. See page 8.
- 31 **Trick or Treat:** 6-8 p.m., Lincoln Park Community Center. Free. See page 12.

November

- 4 **43rd Annual Rockville 10K/5K Race and Kids 1 Mile Fun Run:** 8:30 a.m., King Farm Village. See page 20.

December

- 15 **Cookies with Santa** 2-4 p.m., Thomas Farm Community Center, \$4 pp at door. See page 9.

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Stay Informed

www.rockvillemd.gov/recreation
 Email: registration@rockvillemd.gov
 240-314-8620



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Registration Dates

Senior and Swim members: Tues., July 31
General and nonmembers: Thurs., Aug. 2



We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. **Welcome to Rockville Recreation and Parks.**

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

Time for Toddlers

Monday Morning Moms

Mondays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment.

Twinbrook Community Recreation Center

240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Thomas Farm Community Center

240-314-8840

Toddler Time

Wednesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym

Special Event: Peek-A-Boo Halloween Oct. 24

Lincoln Park Community Center

240-314-8780

Little Acorns

Nature-based activities.

Select Tuesdays and Saturdays

10-11 a.m.

(Pre-registration required.)

Croydon Creek Nature Center

240-314-8770

Note to parents: Classes with low enrollment may be canceled 7-10 days prior to first class. Register early to avoid cancellations.

Arts, Dance and Enrichment

Abrakadoodle – Mini Doodlers

Tell Me A Story!

What kind of story does your artwork tell? Using Model Magic, we'll create our own storyteller dolls that reflect the tradition of passing down stories from generation to generation. We'll learn about Patrick Benson, the award-winning illustrator of "Owl Babies" and create our own soft owl babies. Also featured are Lisa Kowalski and her colors, dabs and doodles, beautiful indigo cloth designs using styluses and more. Note: \$24 materials fee due to instructor at first class.

Age: 3-6

7048 Th 9/20-11/8 11-11:45 AM

\$96/\$110

Thomas Farm CC/Abrakadoodle Staff

Abrakadoodle – Twoosy Doodlers (Adult/Child)

My First Art!

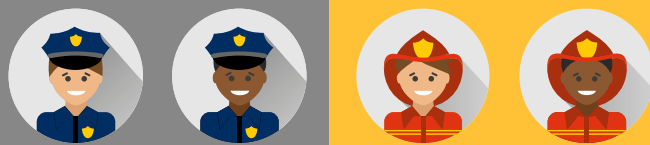
The "My First Art" series introduces new art experiences to our Twoosy Doodlers. The focus is on exploration! This special series of "My Firsts" includes collage, 3D art, handprinting, beginning paper cutting and musical art. The activities are designed to provide opportunities for the Twoosys to touch, feel, hear, see and explore while building fine-motor skills, language, creativity and cognitive skills. Note: \$24 material fee due to instructor at first class.

Age: 1yr 8m-3yr 6m

5849 Th 9/20-11/8 10-10:45 AM

\$96/\$110

Thomas Farm CC/Abrakadoodle Staff



Local First Responders Community Day

Saturday, Sept. 22

10 a.m. - noon

Come meet your local first responders.

Police vehicles, fire truck and exhibits, and much more designed to teach the community about safety.

Great for all ages – free event

Twinbrook Community Rec. Center

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet bars are provided at Rockcrest Ballet Center.

Age: 3-4

6950	Sa	9/15-11/3	10-10:30 AM	\$55/\$65
6951	Sa	9/15-11/3	10:30-11 AM	\$55/\$65

Rockcrest Ballet Center/Simpson

Age: 3-4

5883	Sa	9/15-11/3	11-11:45 AM	\$82/\$92
5882	Sa	9/15-11/3	10-10:45 AM	\$82/\$92

Thomas Farm CC/Varieur

Age: 3-4

5890	Sa	9/29-11/17	10-10:45 AM	\$82/\$92
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Twinbrook CRC/Tennant

Age: 3-5

5898	W	9/26-11/14	10-10:45 AM	\$82/\$92
6952	W	9/26-11/14	11-11:45 AM	\$82/\$92

Rockcrest Ballet Center/Tennant

Age: 4-5

5893	Sa	9/29-11/17	11-11:45 AM	\$82/\$92
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Twinbrook CRC/Tennant

Little Fingers Piano (Adult/Child)

Instill a love of music in a fun and relaxing environment. Students are introduced to the piano, musical symbols and play songs through group learning experiences. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 2-5

5856	Sa	9/22-10/27	9:15-9:45 AM	\$120/\$130
5855	Sa	9/22-10/27	10:15-10:45 AM	\$120/\$130
7097	Sa	11/3-12/15	9:15-9:45 AM	\$120/\$130
7096	Sa	11/3-12/15	10:15-10:45 AM	\$120/\$130

Twinbrook CRC Annex/Learn Now Music Staff

Little Stars!

Let your child shine while exploring their creativity and imagination. Activities include music, movement, story-time, acting, games and art. Each class students take home a mini art project that relates to the weekly theme. Note: \$20 material fee due to the instructor at first class.

Age: 2-4

5857	F	9/21-10/26	10:30-11:15 AM	\$120/\$130
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Twinbrook CRC Annex/CARE Actor Staff

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). The fee for siblings 10 months and older is \$120. Adult participation required.

Age: 1m-5yr

5861	W	9/12-11/21	10:30-11:15 AM	\$198/\$220
5862	W	9/12-11/21	9:30-10:15 AM	\$198/\$220

Thomas Farm CC/Liddle

5860	M	9/17-11/19	11-11:45 AM	\$198/\$220
5859	M	9/17-11/19	10-10:45 AM	\$198/\$220

Kicks Karate/Winkler

Teeny Tiny Chefs

Tiny Chefs connects the world of cooking and the world of children's literature! For the younger Tiny Chefs set, we relate cooking concepts and recipes with themes and characters drawn from selected children's books. After reading modern classics like "If You Give A Moose A Muffin" to more recent favorites like "Dragons Love Tacos" and "Lady Pancake & Sir French Toast", Tiny Chefs will explore recipes like Guacamole Chicken Salad, Scrambled Egg Muffins and French Toast with Banana and Blueberry Compote.

Age: 3-5

5925	Tu	9/25-10/30	11-11:50 AM	\$165/\$175
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Thomas Farm CC

"Cookies with Santa"
Celebrate the holidays...
Come visit with Santa
Saturday, Dec. 15
2-4 p.m.
Thomas Farm Community Center
Visit with Santa, holiday crafts,
cookie decorating, letters to Santa
and more. All ages.
\$4 pp at the door. • 240-314-8840



Child Care

Montrose Discovery Preschool

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time in this year-round licensed program. Experienced staff develop programs designed to focus on social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Children must be 3 years old and toilet trained. The program runs Sept. 4, 2018 through May 31, 2019 with registration ongoing as spaces become available. Visit our website at www.rockvillemd.gov/preschool for a registration form. Vouchers are accepted and additional financial support is available.

Age: 3-5

All Day

7046 M-F 9/4-5/31 8 AM-6 PM \$945/\$1,045

Half Day

7045 M-F 9/4-5/31 9 AM-12:30 PM \$565/\$665
Montrose CC and Park

Help Rockville Youth Become a



- Work with elementary school students.
- One-on-one mentoring, one hour after school once/week, Oct. - May.
- Training and support provided.
- Meet in a supervised group setting.

No special skills needed, just a willingness to listen, offer guidance, friendship and encouragement.

Service learning credits available
for high school students over age 16.

Learn more about the Rockville Mentoring
Program by calling Kate Bouwkamp at
240-314-8317 or
email: kbouwkamp@rockvillemd.gov

Fitness

Funfit Tots (Adult/Child)

Enjoy active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills and socialization, and reinforce cognitive learning. Children must be walking.

Age: 11-26 mos

7034	F	9/14-10/19	9:45-10:30 AM	\$75/\$85
7036	F	11/2-12/14	9:45-10:30 AM	\$75/\$85

Age: 18 mos-4 yr

7035	F	9/14-10/19	10:30-11:15 AM	\$75/\$85
7037	F	11/2-12/14	10:30-11:15 AM	\$75/\$85

Thomas Farm CC/Funfit Staff

Martial Arts

Kicks Karate – Little Ninjas

A fun class designed for children to learn the basic skills of Karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes per week and save \$29 on the second class.

Age: 3 1/2-6 yr

7010	Sa	9/22-10/20	8:55-9:30 AM	\$79/\$89
7011	Su	9/23-10/21	9:30-10:05 AM	\$79/\$89
7015	M	9/24-10/22	5:45-6:20 PM	\$79/\$89
7016	Tu	9/25-10/23	4:45-5:20 PM	\$79/\$89
7089	W	9/26-10/24	6:05-6:40 PM	\$79/\$89
7090	Th	9/27-10/25	5:15-5:50 PM	\$79/\$89

Kicks Karate/Staff

Sports – Instructional

Basketball Skills Junior – Tiny Tykes

Learn the sport of basketball in fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 4-5

5834	Sa	9/22-10/27	10-10:45 AM	\$79/\$89
7098	Sa	11/3-12/15	10-10:45 AM	\$79/\$89

Thomas Farm CC/Rose

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Coach Doug Kickball/T-Ball

Kick off your child's sports experience the Coach Doug way. Learn fundamental kickball and T-Ball skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self confidence. No adult participation required. A \$10 activity fee is due at the first class.

Age: 3-6

7020 Su 9/23-11/11 9:15-10 AM \$89/\$99
Twinbrook CRC Field/Coach Doug

Coach Doug Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5

5847 Su 9/23-11/11 10:15-11 AM \$89/\$99
Twinbrook CRC/Coach Doug

Little Tennis Aces

Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age-appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5

5961 Sa 9/15-10/20 3-3:45 PM \$89/\$89
Thomas Farm CC/Z. Yargici

5960 Su 9/16-10/21 9-9:45 AM \$89/\$99
King Farm Park/Z. Yargici

Soccer Skills – Junior

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-5

5831 Th 9/20-10/25 4:30-5:15 PM \$75/\$85
Thomas Farm CC/Phillip

Age: 3-4

5827 Sa 9/15-10/27 9-9:45 AM \$75/\$85
King Farm Park/Warner

Age: 4-5

5828 Sa 9/15-10/27 10-10:45 AM \$75/\$85
King Farm Park/Warner

T-Ball Skills – Beginner

Experience what it's like to be on a team through game-like play! Coaches teach the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are introduced. Bring a mitt to class.

Age: 4-6

5832 Tu 9/18-10/23 5-5:45 PM \$79/\$89
5833 Sa 9/22-10/27 10-10:45 AM \$79/\$89
King Farm Park/Meyers

Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the basics of basketball, like dribbling, catching, and passing. Toddler-sized basketballs are used for this class. Bring water and wear tennis shoes.

Age: 4-6

7058 Th 9/27-11/1 5:30-6:15 PM \$65/\$75
Lincoln Park CC/Dawkins

Tumble Tykes

Have fun and build self-confidence in this introductory level class. Help your child learn basic tumbles and exercises that will improve large motor skills, balance, coordination, and physical awareness. Wear comfortable tight-fitting clothing.

Age: 2-3

5854 Tu 9/18-10/23 10:30-11:15 AM \$105/\$115
Xtreme Acro and Cheer/Staff

UK Elite Petite Soccer

This program offers an introduction to the world's most popular sport through fantasy based games and fun activities. The program is designed to introduce the sport of soccer as well as capture the imagination and develop age appropriate motor and creativity skills.

Age: 2-3 (Adult/Child)

7042 W 9/12-10/17 4:30-5:15 PM \$105/\$119

Age: 3-5

7043 W 9/12-10/17 5:15-6 PM \$105/\$119
Woodley Gardens Park/UK Elite Staff



HALLOWEEN HAPPENINGS

Oct. 19 Croydon Creep – 6-8 p.m.

Croydon Creek Nature Center. All ages. Cost is \$5 per child at the door. Adults and children younger than two are free. Come in costume. Magic show, spooky nature trail, giveaways and crafts.

Oct. 20 Halloween Spook and Find – 1-3 p.m.

Lincoln Park Community Center. Come participate in our Halloween scavenger hunt, pumpkin decorating, crafts, music and more. Pre-register for course #7059. Fee \$5R/\$7NR.

Oct. 24 Toddler Time - Peek-A-Boo Halloween – 10 a.m.-noon

Lincoln Park Community Center. Ages 1-5. Mini peek and find Halloween items, crafts, games, snacks and more. Pre-register for course #7070. Fee \$5R/\$7NR.

Oct. 26 Monster Mash Family Dance – 7-9 p.m.

Twinbrook Community Recreation Center. All ages. Cost is \$4 per person. See page 13 for more information.

Oct. 27 Halloween Haunt – 2-4 p.m.

Thomas Farm Community Center. All ages. Halloween games and crafts, pumpkin painting, scarecrow making and more. Squeals on Wheels petting zoo. Cost is \$6 per person at the door. Children younger than one are free. Pre-registration \$4R/\$5NR.

Oct. 31 Trick or Treat – 6-8 p.m.

Lincoln Park Community Center. Stop by while you are out trick or treating on Halloween evening. Visit the center, and get some candy and visit our hot chocolate bar. Open from 6-8 p.m. Free.

Final Year **Back to School Jam**

**Friday, Aug. 24
6-8:30 p.m.**

**Lincoln Park Community Center
357 Frederick Ave.**

240-314-8780

www.rockvillemd.gov/lpcc

**\$2 per backpack with school supplies
to all City of Rockville students**

(Limit four per family. Proof of residency and school required.)

**Information Tables • DJ and Prizes
School Representatives • Food, Drinks and More**

**Thank you to all our sponsors and volunteers from
City of Rockville • Rockville Housing Enterprises
Linkages to Learning**

Free Counseling Services

*Free counseling for City of Rockville
children, youth and families*

- Early intervention and prevention counseling is available to school-age children based on a short-term, 12-session model.
- Individual and family counseling is offered to city residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening.
- Groups will be formed in the following areas, subject to demand: anger management, social skills, transition to middle school, transition to high school and more.
- Sessions take place by appointment at the Community Services Division office or in schools. Parental/guardian participation is strongly encouraged.
- Counseling is provided by a licensed professional counselor or master's-level clinical interns under the supervision of a professional counselor.

For more information or to determine eligibility or for referral services, please contact the Community Services Division at 240-314-8310.

The City of Rockville is a certified Youth Services Bureau.

240-314-8310

www.rockvillemd.gov/communityservices

Check Out Your Local Centers



CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday-Saturday 9 a.m.-5 p.m. • Sunday, 1-5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday-Saturday, 9 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m. • Sunday, 10 a.m.-6 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m. (April-Oct.)
and 9 a.m.-8:30 p.m. (Nov.-March)

Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction.

Arts, Dance and Enrichment

Ballet for Children

Learn the art of ballet through an elementary but professional approach. Register for the appropriate level, which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See the "Teen" section for more classes.

Young Beginner

Age: 5-7

5901 Th 9/13-11/15 4:45-5:45 PM \$120/\$130
Thomas Farm CC/Simpson

5894 Sa 9/15-11/17 11 AM-12 PM \$120/\$130
Rockcrest Ballet Center/Simpson

Beginner

Age: 6-13

5903 F 9/14-11/16 5:45-6:45 PM \$120/\$130

5897 Sa 9/15-11/17 12:15-1:15 PM \$120/\$130
Rockcrest Ballet Center/Simpson

Beginner/Advanced

Age: 8+

5902 F 9/14-11/16 4:45-5:45 PM \$120/\$130
Rockcrest Ballet Center/Simpson

Intermediate I

Age: 8+

5908 M 9/17-12/10 4:45-5:45 PM \$129/\$139
Rockcrest Ballet Center/Chongpinitchai

Intermediate II

Age: 9+

5910 W 9/12-12/12 4:45-5:45 PM \$139/\$149
Rockcrest Ballet Center/Simpson



Hip-Hop Dansez! Dansez!

Keep movin' and havin' fun! Learn basic hip-hop choreography with a low-impact workout and easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers.

Age: 7-11

5873 W 9/26-10/24 4:30-5:15 PM \$40/\$45
Twinbrook CRC/Phillipe

LNM Group Piano Experience

Budding musicians participate in piano instruction and theory as well as musical games, musical listening excerpts and related projects. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 5-12

5858 Sa 9/22-10/27 11 AM-12 PM \$169/\$179
7095 Sa 11/3-12/15 11 AM-12 PM \$169/\$179
Twinbrook CRC Annex/Learn Now Music Staff

Before and Afterschool Enrichment

Clubhouse

Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, crafts and games are scheduled daily. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick-ups. Bus transportation is provided from Maryvale E.S. (at Northlake) to Lincoln Park Community Center. All other local schools students are transported by MCPS request. No sibling discounts available.

Grade: K-5

Session I

5435 M-F 9/4-10/12 3:30-6:30 PM \$115/\$135

Session II

5436 M-F 10/15-11/23 3:30-6:30 PM \$115/\$135

Session III

5437 M-F 11/26-1/4 3:30-6:30 PM \$115/\$135
Lincoln Park CC

Twinbrook Afterschool Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Come join the fun!

Age: 5-12

5219 M-F 9/4-10/12 3:40-6:30 PM \$155/\$175
15220 M-F 10/15-11/23 3:40-6:30 PM \$155/\$175
5221 M-F 11/26-1/4 3:40-6:30 PM \$155/\$175
Twinbrook Elementary School

Early Birds

This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall and Twinbrook elementaries. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

Grade: K-5

5443 M-F 9/4-10/12 7-9:15 AM \$125/\$135

5444 M-F 10/15-11/23 7-9:15 AM \$125/\$135

Twinbrook CRC Annex

Afterschool Adventure

This program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided from Meadow Hall Elementary School and Twinbrook Elementary School. Program operates when school is in session and does meet on early release days.

Grade: K-5

5453 M-F 9/4-10/12 3-6:30 PM \$155/\$175

5775 M-F 10/15-11/23 3-6:30 PM \$155/\$175

Twinbrook CRC Annex

School Break Programs

New! Adventure Day

Kids are not in school so why not go on an adventure with the Thomas Farm Community Center staff? Participants spend part of the day at the bowling alley. Afterwards, return to TFCC to engage in some sports and game activities.

Grade K-5

Laugh Out Loud

7118 M 9/10 9 AM-3 PM \$25/\$30

Adventure Day

7119 W 9/19 9 AM-3 PM \$25/\$30

Thomas Farm CC



Fitness

Kids Zone

Get moving and meet new friends in this action-packed class. Enjoy fun active group games, exercise stations, and other cooperative activities. Burn off endless amounts of energy and improve strength, stamina, and coordination. Wear comfortable clothes and sneakers.

Age: 7-11

5932 W 9/19-10/24 5-5:50 PM \$59/\$59
Thomas Farm CC/Warner

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

6548 Sa 9/8-10/20 10:10-10:55 AM \$86/\$104
6549 Sa 10/27-12/15 10:10-10:55 AM \$86/\$104
Rockville Swim and Fitness Center

Zumba Fit – Kids

Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and internationally inspired program, this high-energy/low-impact class has something to offer all fitness levels.

Age: 7-12

6256 Sa 9/8-10/20 12-12:45 PM \$56/\$67
6257 Sa 10/27-12/15 12-12:45 PM \$56/\$67
Rockville Swim and Fitness Center/Fasano

Martial Arts

Fencing – Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

5972 Th 9/20-11/8 6:15-7:15 PM \$128/\$140
5974 Sa 9/22-11/10 11 AM-12 PM \$128/\$140
Rockville Fencing Academy/Staff

Age: 10-13

5973 Th 9/20-11/8 7:20-8:40 PM \$128/\$140
5975 Sa 9/22-11/10 12:20-1:40 PM \$128/\$140
Rockville Fencing Academy/Staff

Kicks Karate – Children

A fun class designed for children to learn the basic skills of Karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes per week and save \$29 on the second class.

Age: 7-12

7012 Sa 9/22-10/20 12:25-1:10 PM \$79/\$89
7017 Tu 9/25-10/23 5:55-6:40 PM \$79/\$89
7018 W 9/26-10/24 6:40-7:25 PM \$79/\$89
7091 Th 9/27-10/25 7:15-8 PM \$79/\$89
7092 F 9/28-10/26 4:50-5:35 PM \$79/\$89

Kicks Karate/Staff

Special Events

New! Tween Time!

Calling all tweens between the ages of 9-12. Join us for an evening of complete fun as we shut the building down just for you! Activities include: video game tournaments, obstacle courses, basketball and dodgeball tournaments, crafts, food and music. No parents allowed, so it's going to be LIT! Wear comfortable clothing and sneakers.

Age: 9-12

5442 Th 8/30 7-11 PM \$20/\$30
Lincoln Park CC

Sports – Instructional

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 10-12

5843 Th 9/20-11/8 4:30-5:25 PM \$85/\$95

Age: 8-10

5842 Th 9/20-11/8 5:30-6:25 PM \$85/\$95

Age: 13-19

5841 Th 9/20-11/8 6:30-7:25 PM \$85/\$95

Thomas Farm CC/Jordan

Basketball Skills Junior – Little Big Shots

Learn the sport of basketball in fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 6-8

5835 Sa 9/22-10/27 11-11:45 AM \$79/\$89
7099 Sa 11/3-12/15 11-11:45 AM \$79/\$89
Thomas Farm CC/Rose

Lacrosse for Girls

Beginner to intermediate skills and offensive/defensive strategies are taught. Participants are divided into groups based on age and skill level. Bring a women's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (two or more) and \$10 off for each member of a team (five or more). To receive a discount, register by mail, fax or walk in.

Grade: K-4

5839 Su 9/16-10/21 12-1:30 PM \$130/\$140

Grade: 5-8

5840 Su 9/16-10/21 12-1:30 PM \$130/\$140
Welsh Park/McCormick

Parkour Gymnastics

Roll, jump, climb and flip just like a ninja warrior. Use balance, agility and vaulting skills to master various obstacle courses as you are introduced to elements of parkour. Safe and proper gymnastic techniques are emphasized. No previous experience necessary.

Age: 7-10

5844 M 9/17-10/22 5-6 PM \$89/\$99
Xtreme Acro and Cheer/Staff

Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 5-7

5829 Th 9/20-10/25 5:15-6 PM \$75/\$85
Thomas Farm CC/Phillip

Age: 7-9

5830 Th 9/20-10/25 6-6:50 PM \$75/\$85
Thomas Farm CC/Phillip

Age: 6-8

5826 Sa 9/15-10/27 11-11:45 AM \$75/\$85
King Farm Park/Warner



T-Ball Skills – Beginner Plus

Coaches expand on the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are emphasized and more advanced game-like situations are introduced as skills advance. Bring a mitt to class.

Age: 6-8

5836 Tu 9/18-10/23 6-6:50 PM \$79/\$89

5837 Sa 9/22-10/27 11-11:50 AM \$79/\$89
King Farm Park/Meyers

Tennis (Adult/Child)

Want to learn tennis with your child? This class teaches tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; register child only. Adults should bring a racket. All other equipment is provided.

Age: 8-10

5968 Sa 9/15-10/20 5-5:50 PM \$89/\$99
Thomas Farm CC/Z. Yargici

Age: 8-10

5967 Su 9/16-10/21 10-10:50 AM \$89/\$99
King Farm Park/Z. Yargici

Trick or Treat Lincoln Park Community Center

Wednesday, Oct. 31, 6-8 p.m.

Lincoln Park Community Center

**Stop by Lincoln Park Community Center while you are out
trick-or-treating
on Halloween evening and get some candy
and warmup with a cup of hot chocolate.**



Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Tennis – 10 and Under

Using kid-sized rackets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racket and ball activities, and enjoyable tennis games. Junior rackets are provided.

Age: 5-6

5944 Sa 9/15-10/20 9-9:50 AM \$75/\$75
King Farm Park/M. Yargici

Age: 7-8

5947 Sa 9/15-10/20 10-10:50 AM \$75/\$75
King Farm Park/M. Yargici

Age: 5-7

5948 Sa 9/15-10/20 10-10:50 AM \$75/\$85
Civic Center Park/Palmer

7167 Sa 9/15-10/27 3-3:50 PM \$75/\$85
Woodley Gardens Park/Shenk

Age: 7-9

5942 Sa 9/15-10/20 11-11:50 AM \$75/\$85
Civic Center Park/Palmer

7168 Sa 9/15-10/27 4-4:50 PM \$75/\$85
Woodley Gardens Park/Shenk

Age: 6-7

5943 Sa 9/15-10/20 4-4:50 PM \$75/\$85
Thomas Farm CC/Z. Yargici

Age: 6-7

5945 Th 9/20-10/25 5-5:50 PM \$75/\$85
Montrose CC and Park/Z. Yargici

Age: 8-10

5946 Th 9/20-10/25 6-6:50 PM \$75/\$85
Montrose CC and Park/Z. Yargici

Tumbling and Tramp

Students learn a variety of tumbling skills from forward rolls to back handsprings, and progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops, straddle and tuck jumps are also taught.

Age: 4-6

5845 F 9/21-10/26 5-6 PM \$89/\$99

Age: 7-12

5846 F 9/21-10/26 6:15-7:15 PM \$89/\$99
Xtreme Acro and Cheer/Staff

In partnership with the
City of Rockville

Rockville Football League:

Tackle – ages 6-14

Practices begin Aug. 1

League play begins Sept. 7-8

For league details and to register, visit
rfl.cc.leag1.com

Tennis Skills and Drills

Develop and improve fundamental skills including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Bring a racket and water bottle.

Age: 9-11

5941 Sa 9/15-10/20 11-11:50 AM \$75/\$85

Age: 12-15

5958 Sa 9/15-10/20 12-1:10 PM \$85/\$95
King Farm Park/M. Yargici

UK Elite Soccer – Technical

Activities will focus on soccer specific individual skills such as first touch, ball manipulation, passing and shooting. Players will be exposed to cooperative play and the concept of communicating and problem solving in the game setting.

Age: 6-8

7041 W 9/12-10/17 6-7 PM \$105/\$119
Woodley Gardens Park/UK Elite Staff

Monster Mash Family Halloween Dance

Friday, Oct. 26

7-9 p.m.

\$4 per person – all ages

Come in costume, enjoy pumpkin decorating and Halloween crafts, and dance the night away as the DJ spins musical favorites.

Refreshments sold by Twinbrook Elementary School PTA.

**Twinbrook Community
Recreation Center**

Sports Leagues

Youth Basketball Leagues

Dribble your way into our exciting winter basketball program which provides opportunities for girls and boys to compete in organized basketball leagues. Modified playing rules will be in effect. Coaches will inform participants regarding practice and game times and locations. There is one practice during the week, commencing the week of 12/3. Games begins 1/5 or 1/6 depending on division. Times and locations are tentative and subject to change. Early Bird registration: Register by 10/25 and save \$5.00. Registration deadline is 11/1. Note: Returning players have priority to register for team they played on last year through deadline. New players will be placed after deadline if spaces are available.

Basketball – Mighty Mites

Boys Kindergarten

Play 4 v 4
6982 Sa 1/5-2/9 9 AM-5 PM \$76/\$86
Game location: College Gardens Elementary School

Boys Grade 1

Play 4 v 4
6983 Sa 1/5-2/9 9 AM-5 PM \$76/\$86
Game location: College Gardens Elementary School

Boys Grade 2

Play 5 v 5
6985 Sa 1/5-2/9 9 AM-5:30 PM \$76/\$86
Game location: Lincoln Park CC

Boys Grade 3

Play 5 v 5
6987 Sa 1/5-2/9 9 AM-5 PM \$76/\$86
Game location: Meadow Hall Elementary School

Girls Kindergarten

Play 4 v 4
6981 Sa 1/5-2/9 9 AM-5 PM \$76/\$86
Game location: College Gardens Elementary School

Girls Grade 1

Play 4 v 4
6984 Sa 1/5-2/9 9 AM-5 PM \$76/\$86
Game location: College Gardens Elementary School

Girls Grade 2

Play 5 v 5
6986 Sa 1/5-2/9 9 AM-5:30 PM \$76/\$86
Game location: Lincoln Park CC

Girls Grade 3

Play 5 v 5
6988 Sa 1/5-2/9 9 AM-7 PM \$76/\$86
Game location: Meadow Hall Elementary School

Basketball – Girls

Pee Wee Grade 4

Age: 9-10
6993 Sa 1/5-3/9 9 AM-5 PM \$86/\$96
Game location: TBA

Bantam Grade 5

Age: 10-11
6994 Sa 1/5-3/9 9 AM-5 PM \$86/\$96
Game location: TBA

Midget Grade 6

Age: 11-12
6995 Sa 1/5-3/9 9 AM-5 PM \$86/\$96
Game location: TBA

Junior Grade 7

Age: 12-13
6996 Sa 1/5-3/9 9 AM-5 PM \$86/\$96
Game location: TBA

Intermediate Grade 8

Age: 13-14
7002 Sa 1/5-3/9 9 AM-5 PM \$89/\$99
Game location: TBA

Associate Grade 9

Age: 14-15
7003 Sa 1/5-3/9 9 AM-5 PM \$89/\$99
Game location: TBA

Senior Grade 10 -12 (Grade 12 must attend High School)

Age: 16-18
7004 Sa 1/5-3/9 9 AM-5 PM \$89/\$99
Game location: TBA

Basketball – Boys

Pee Wee Grade 4

Age: 9-10
6989 Sa 1/5-3/9 9 AM-12 PM \$86/\$96
Game location: Robert Frost Middle School

Bantam Grade 5

Age: 10-11
6990 Sa 1/5-3/9 12-7 PM \$86/\$96
Game location: Robert Frost Middle School

Midget Grade 6

Age: 11-12
6991 Sa 1/5-3/9 12:30-5:30 PM \$86/\$96
Game location: Thomas Farm CC

Junior Grade 7

Age: 12-13
6992 Su 1/6-3/10 12-5:30 PM \$86/\$96
Game location: Thomas Farm CC

Intermediate Grade 8

Age: 13-14
6997 Su 1/6-3/10 12-6 PM \$89/\$99
Game location: Twinbrook CRC

Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community?
We have the perfect opportunity for you.
Volunteer to coach this winter:

• Youth Basketball

For more information call 240-314-8620 or email
sports@rockvillemd.gov

Associate Grade 9

Age: 14-15

6998 Su 1/6-3/10 TBA \$89/\$99
Game location: Twinbrook CRC

Senior Grade 10

Age: 15-16

6999 Su 1/6-3/10 TBA \$89/\$99
Game location: TBA

Graduates Grade 11

Age: 16-17

7000 Su 1/6-3/10 11 AM-3 PM \$89/\$99
Game location: Rockville High School

Collegiate Grade 12 (must attend High School)

Age: 17-18

7001 Su 1/6-3/10 11 AM-3 PM \$89/\$99
Game location: Rockville High School

IT'S NOT TOO LATE!

LIMITED SPOTS MAY BE AVAILABLE

REGISTER FOR A FALL YOUTH SPORTS LEAGUE

Practices begin the week of Sept. 10

League play begins on

Sept. 22 - Soccer

Sept. 29 - Cross Country

Early Bird Registration:

Register by Aug. 23 and Save \$10

Registration deadline: Aug. 30

Co-Rec Soccer & Fall Cross Country

Adult Co-Rec Soccer 7's

Thursday Evenings Starting , Sept. 6

Mark Twain Athletic Park

Register as an individual or team

6 weeks of regular season, plus playoffs

60 minute matches

Registration Deadline: Wednesday, Aug. 24

Team: \$480

Free Agent: \$55



www.rockvillemd.gov/recreation/sports
240-314-8620

Wrestling

The city is proud to sponsor a youth wrestling team to compete in the Montgomery County Wrestling League. Note: There is an additional fee payable by the family for AAU membership. Equipment and uniforms are provided. Practices begin 11/13 and 11/15 at Wootton HS, 6:30-8 p.m. Meets begin 1/5, noon-5 p.m. at Walt Whitman HS. Wrestlers at least 6 years old by 1/1/19 are eligible. Wrestlers 14 years old by 1/1/19 are eligible. Register by: 11/1.

Age: 6-14

7005 Sa 1/5-2/16 12-5 PM \$145/\$155

OFFICIALS NEEDED!

Youth and Adult Leagues

Weekday Evenings and Weekends:

Youth and Adult Soccer,

Adult Softball

Youth and Men's Basketball

For more information, call 240-314-8620 or
email us at sports@rockvillemd.gov

Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851

240-314-8770 • www.rockvillemd.gov/croydoncreek

Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.



New! Rockville Brewshed

Great beer begins with healthy water! CCNC along with the Rockville Watersheds Committee are teaming up with True Respite Brewing Company to explore how healthy watersheds make great beer. Join us at True Respite Brewing Company for an evening of beer tastings and watershed education. Food will be available for purchase. True Respite Brewing Company, 7301 Calhoun Place (Suite 600). Advanced registration required.

Age: 21+

6071 W 11/7 7-8:30 PM Free

New! Bubbles and Bubbly

Spend an evening learning how to make a variety of bath products such as bath bombs, salt scrubs and soaks while enjoying sparkling adult beverages, hors d'oeuvres and great company. We'll share ideas and recipes and each person will take home at least four completed projects. Must be 21 years old to attend.

Age: 21+

5997 Th 11/15 7-8:30 PM \$30/\$35

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register. Ages 3+

Age: 3+

Fall Folklore

Tall tales and fantastic folklore are an American tradition. Find out how chipmunk got his stripes among other stories.

5995 Sa 9/30 5:30-6:30 PM \$5/\$6

Night Hike

Enjoy a naturalist led hike through the forest preserve and s'mores by the campfire.

5996 Sa 10/13 7-8 PM \$5/\$6



Natural Holiday Crafts (Adult/Child)

Spend the afternoon using a variety of natural or recycled objects to make holiday crafts and ornaments. Each participant will complete at least three projects. Adult participation required for children under age 8. Register by 11/28

Age: 5+

5998 Su 12/2 2-3:30 PM \$10/\$14

Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time will be spent outdoors, weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended.

Age: 18-36 mo

Water

6056 Tu 9/25 10-11 AM \$7/\$9

Bugs & Slugs

6057 Sa 10/13 10-11 AM \$7/\$9

Nature at Night

6058 Tu 10/16 10-11 AM \$7/\$9

Fruits of Fall

6059 Sa 11/10 10-11 AM \$7/\$9

Exploring Autumn

6060 Tu 11/20 10-11 AM \$7/\$9

All About Animals

6061 Sa 12/8 10-11 AM \$7/\$9

Nature Tots (Adult/Child)

Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather. Adult participation required. Spaces are limited.
Age: 2-5

Habitats

6065 Sa 9/22 10-11:30 AM \$8/\$10

Bats

6066 W 10/10 10-11:30 AM \$8/\$10

Creepy Crawlies

6067 Sa 10/27 10-11:30 AM \$8/\$10

Nuts and Seeds

6068 W 11/7 10-11:30 AM \$8/\$10

Rocks Rock

6069 Sa 11/17 10-11:30 AM \$8/\$10

Mammals

6070 W 12/12 10-11:30 AM \$8/\$10

Outdoor Science Club

Young scientists investigate a variety of science topics through hands-on activities and time spent exploring the forest preserve.
Age: 6-8

Insects & Arachnids

6062 Su 9/16 1:30-3 PM \$8/\$10

Science of Fall

6063 Su 10/21 1:30-3 PM \$8/\$10

Geology

6064 Su 11/18 1:30-3 PM \$8/\$10

Party on the Wild Side at Croydon Creek Nature Center

Birthday Party Themes

Classic Party (ages 3+; all year)

Classic With Craft (ages 3+; all year)

Feathers and Fur (ages 3+; all year)

Tracks and Trails (ages 3+; all year)

Meadow Mayhem (ages 4 +; June-Sept)

Creek Crawl (ages 7 +; June-Sept)

Geocaching Adventure (ages 8+; all year)

Party Planning Details

Birthday parties at Croydon Creek feature a fun-filled hour-long program led by a naturalist and are best suited for children ages 3 and older, with some parties designed for older children.

The birthday child receives one Wild Party T-shirt and each party guest receives a special nature craft to take home.

Scheduling a Party

Choose from the following times:

Saturdays: 10:30 a.m.-1 p.m. or 2-4:30 p.m., Sundays: 2-4:30 p.m.

Parties are scheduled year-round. Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability.

Party Fees

Fee (up to 10 children): \$180/Rockville resident; \$204/non-Rockville resident. Add \$10 for each additional child, up to a maximum of 25 children. A \$50 non-refundable deposit is required to reserve the date.

Deposits can be paid using either MasterCard or VISA, check or cash.

Croydon Creek nature parties are designed to educate and entertain with hands-on programs that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience, whether you are interacting with the much-loved reptiles and amphibians who live at the center, exploring the trails on a geocaching adventure, or enjoying a naturalist-led hike in the surrounding woods.



Bird Seed Sale

Check out our website in November for information on our annual bird seed sale.
www.rockvillemd.gov/croydoncreek

CROYDON CREEP

At the Nature Center

FRIDAY, OCT. 19 • 6-8 p.m.

Spooky Nature Hike • Magic Show • Hands-On Activities and Games

*All ages welcome - \$5 per child at the door
Adults and children under 2 are free.*

All children must be accompanied by an adult.

www.rockvillemd.gov/croydoncreek

240-314-8770

Webelos Adventure Programs



INTO THE WOODS

Sun., Oct. 7

INTO THE WILD

Sun., Nov. 4

2-4 p.m.

Naturalists will help you complete all of the necessary requirements.

All materials provided; however, pins are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 nonresidents.
For additional information or to register,
call Melinda Norton at 240-314-8771
or email mnorton@rockvillemd.gov.

Green Your Backyard

Saturday, Sept. 8

10-11:30 a.m.

Twinbrook Community Recreation Center

Learn about RainScapes Rewards and other city programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis;
Registration required. To register, call the
RainScapes coordinator at
240-314-8877 or
email rainscapes@rockvillemd.gov
with your name and address.



It's Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek • 240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm • 240-314-8840

**Twinbrook Community
Recreation Center**

www.rockvillemd.gov/twinbrook • 240-314-8830

Outdoor Rentals

**Lincoln Park Community Center
(Isreal Park)**

April 15-Oct. 15

www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center

April 1-Sept. 15

www.rockvillemd.gov/thomasfarm • 240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parksandfacilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parksandfacilities
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parksandfacilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

**Twinbrook Community
Recreation Center**

www.rockvillemd.gov/twinbrook
240-314-8830



WHEN SCHOOLS ARE OUT,
REGISTER FOR A DAY OF FUN AT
visarts

Our Fall and Winter Camps are
staffed by creative professionals and
feature seasonal themed projects.
Snacks are provided.

FALL CAMPS:

September 10

September 19

November 6

WINTER CAMPS:

December 26 – 28, 31

January 21, 28, 2019

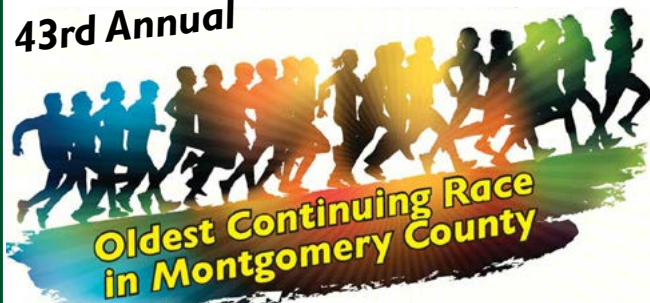
February 18, 2019



Register at
www.visartscenter.org

155 Gibbs Street, Rockville, MD 20850 | 301-315-8200

43rd Annual



Rockville 10K/5K

Sunday, Nov. 4

Road Closed: 8 a.m. • Race Begins: 8:30 a.m.
Start/Finish: King Farm Village Center, Rockville

Register online www.rockville10k5k.com
until Nov. 1

Race Fees: 10K/5K early bird rate: \$30
through Sunday, July 15.
\$35 online/mail-in through Thursday, Nov. 1
\$45 packet pick up, Nov. 3 and walk-up on
race day Sunday, Nov. 4.
Kids 1-Mile Fun Run: \$12

**Late Registration and Packet Pick-up
Location:**

RNJ SPORTS

11910-R Parklawn Drive, Rockville, MD 20852

Saturday, Nov. 3 – 11 a.m.-5 p.m.

**Race Day Morning, Nov. 4
7:30-8:15 a.m.**

(at King Farm Village Center)



Regency
Centers.



AoPS Academy
Gaithersburg



Arts, Dance and Enrichment

Ballet Teen and Adult

Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See "Adult and Children Ballet" for more classes. Participants in our children and teen ballet program are encouraged to take part in our annual student performance. Registration begins in November.

Intermediate III and Beginner Pointe

Age: 12+

5917 Tu 9/11-12/11 5-6:30 PM \$189/\$199
Rockcrest Ballet Center/Simpson

5914 Th 9/13-12/13 5-6:30 PM \$189/\$199
Rockcrest Ballet Center/Chongpinitchai

Advanced

Age: 13+

5916 M 9/17-12/10 5:45-7:15 PM \$172/\$182
Rockcrest Ballet Center/Chongpinitchai

5915 W 9/12-12/12 5:45-7:15 PM \$189/\$199
Rockcrest Ballet Center/Simpson

Ballet Intensive

A course designed to give advanced ballet students an opportunity to concentrate on fundamental technique and increase strength and stamina. Course features a 90-minute technique class followed by a variation of pointe/pre-pointe work, strength and condition, and artistry. Bring a snack. Prerequisite Ballet Level Intermediate III & IV or permission from the instructor.

Age: 12+

4958 M-F 8/20-8/24 5:30-8:30 PM \$149/\$149
Rockcrest Ballet Center/Simpson

New! Glimmer 'N' Gloss

Come enjoy an intro into the world of cosmetology. Whether you are exploring hair styling for your own sense of styling or pursuing your ultimate cosmetologist dreams, Glimmer 'N' Gloss is the class for you. In this six week class, you will learn the fundamental principles of hair styling, braiding, facial features, eye makeup and so much more by a professional hair and makeup artist. Cost includes: Hair and makeup kit that you can keep, and an instructor.

Age: 11-16

5751 W 9/12-10/17 5:30-7:30 PM \$185/\$200
Thomas Farm CC

New! VolunTeen

This two-night training will focus on leadership, communication and what it means to be a successful volunteer in City of Rockville Recreation programs. This program will include active workshops as well as skill building activities designed to prepare teens to volunteer and/or work in a recreational setting. VolunTeen participants will have the opportunity to earn their SSL hours at a City of Rockville program or facility during the school year. Food is provided for participants both nights of this program.

Age: 13-16

7103 Tu,Th 9/11 & 9/13 5:30-8:30 PM \$85/\$100
Lincoln Park CC

Before and Afterschool Enrichment

Teen Chat Room

Back by popular demand! Mini two-day a week teen afterschool program provides a fun cool place for teens to hang out, have access to the computer lab and game room. Snack, homework help, mentoring, games and activities are provided. Trips and special events are planned by the teens. Transportation is provided by most MCPS middle schools. Program meets on early release days.

Grade: 6-10

7077 Tu,Th 9/18-12/20 2:30-6 PM \$100/\$120
Lincoln Park CC

Twinbrook Teen Scene

Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on MCPS early release days.

Grade: 5-8

5799 M-F 9/4-10/12 2:30-6:30 PM \$120/\$130

5782 M-F 10/15-11/23 2:30-6:30 PM \$120/\$130

Twinbrook CRC

Totally Teens

Totally Teens is a safe, healthy after school program that promotes positive youth development. Staff guides and supervisor teens in a variety of recreational activities and trips of their choosing. Pre-registration required. Transportation is provided from Julius West Middle School. The program is held on early release days. It is not held on holidays or when MCPS is closed. Light snack is provided.

Grade: 4-8

5368 M-F 9/4-12/21 3:15-6:30 PM \$450/\$475
Thomas Farm CC

HALLOTEEN FIELD OF SCREAMS TRIP

Friday, Oct. 12 • 6-10 p.m.

Thomas Farm Community Center

Course #5993 • Fee: \$60R/65NR

The bravest of the brave are invited to join us for an evening of fright and fear at the Field of Screams located in Olney, Maryland. Your fearless child will be put to the test at all four terrifying haunted attractions Field of Screams has to offer, which includes both trails, factory, hayride and a fast pass. Transportation is available from the Thomas Farm Community Center and your child will be accompanied by City of Rockville staff. If you think your child is ready to face their fears, sign-up now and be ready to wander the dark forest. For teens in grades 6-10.



355 Martins Lane
(behind Swim and Fitness Center)

Fall hours: Sept. 3-Oct. 31

Friday: 4-9 p.m.

Saturday: 10 a.m.-8 p.m.*

Sunday: Noon-8 p.m.

Staff on site while park is open.

***Saturdays 10 a.m.-noon reserved
for
beginner skaters 15 and younger**

**Visit rockvillemd.gov/skatepark
for updates.
Helmets required.**

DISCOUNTED THEME PARK TICKETS

**On
Sale
Now**



**For parks, prices
and information visit
www.rockvillemd.gov/themeparks
or call 240-314-5024.**

Fitness

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

7007 W 9/5-10/24 12:15-1:15 PM \$88/\$106
Rockville Swim and Fitness Center/Kolanowski

6554 Th 9/6-10/25 10:15-11:15 AM \$88/\$106
Rockville Swim and Fitness Center/Kolanowski

6484 Su 9/9-10/21 9:15-10:15 AM \$77/\$93
Rockville Swim and Fitness Center

6485 Su 10/28-12/16 9:15-10:15 AM \$77/\$93
Rockville Swim and Fitness Center

7008 W 10/31-12/19 12:15-1:15 PM \$88/\$106
Rockville Swim and Fitness Center/Kolanowski

6483 Th 11/1-12/20 10:15-11:15 AM \$77/\$93
Rockville Swim and Fitness Center/Kolanowski

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

6389 M 9/10-10/22 7-8 PM \$70/\$84

6506 M 10/29-12/17 7-8 PM \$80/\$96

Rockville Swim and Fitness Center/Colbert

Yoga for Teens

All 12-16 year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques, and meditation. This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16

6558 Su 9/9-10/21 10:15-11:15 AM \$89/\$107

6559 Su 10/28-12/16 10:15-11:15 AM \$89/\$107

Rockville Swim and Fitness Center

Martial Arts

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes per week and save \$29 on the second class.

Age: 13+

7009 Su 9/23-10/21 8:45-9:30 AM \$79/\$89

7013 M 9/24-10/22 8:25-9:10 PM \$79/\$89

7014 Tu 9/25-10/23 8:15-9 PM \$79/\$89

7093 W 9/26-10/24 8:15-9 PM \$79/\$89

7094 Th 9/27-10/25 8-8:45 PM \$79/\$89

Kicks Karate/Staff

Sports – Instructional

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 13-19

5841 Th 9/20-11/8 6:30-7:25 PM \$85/\$95

Thomas Farm CC/Jordan

Trips

Friday Night Ski Club

Head to Ski Liberty in the comfort of a coach bus every Friday night for eight weeks. Fee includes supervision, bus transportation, mandatory helmet and the ski package you select. Pick-up and drop-off is at Robert Frost Middle School. Both residents and non-residents may register starting at 8:30 a.m., Aug. 2. Spaces are limited and fill quickly. No refunds issued after 11/21.

Lift Only

Age: 11-17

5802 F 1/5-2/22 3:30-11 PM \$545/\$595

Robert Frost Middle School

Lift, Lesson and Rental Package

Age: 11-17

5803 F 1/5-2/22 3:30-11 PM \$625/\$675

Robert Frost Middle School

Spotlight on City of Rockville Parks and Facilities

Tennis or Pickleball Anyone?

Tennis is a lifetime sport that can be played and enjoyed by people of any age and of every ability. The City of Rockville gives you the opportunity to stay fit, make friends, spend quality time with your family and have fun. Tennis courts are conveniently located throughout the city with 43 courts in 18 locations.

(L) Lighted, (P) Pickleball Lines

(B) 10 and Under Blended Lines

City Park	Courts
Broome Park	4 (L), (B)
Calvin Park	2
Civic Center	4
Dogwood Park	3 (L), (P)
Fallsgrove/TFCC	2
Glenora	Park 2
Hillcrest Park	1
Isreal Park	2
King Farm Park	2 (L), (B)
Mark Twain	1
Mattie J.T. Stepanek	3 (L)
Montrose CC & Park	2 (L)
North Farm Park	2 (P)
Potomac Woods	2
Twinbrook CRC	2 (L)
Welsh Park	3 (L), (P)
Woodley Gardens Park	4 (L)
Wootton's Mill Park	2

For more information on any of our parks visit www.rockvillemd.gov/parksandfacilities.

Check out our tennis classes for all ages offered throughout the year at www.rockvillemd.gov/guide.

FALL 2018 RBAC EVENTS

Tuesday Evening Rides

Aug. 7, 14, 21, 28 • 6:30 p.m.

Starts at Rockville Civic Center Park.

Carl Henn Millennium Trail Rides

Sunday, Aug. 19 • 10 a.m.

Starts at Wootton High School.

Sunday, Oct. 21 • 10 a.m.

Starts at Lincoln Park Community Center.

Carl Henn Annual Memorial Ride

Sunday, Sept. 16 • 10 a.m.

Starts at Thomas Farm Community Center.

Rockville Bike Advisory Committee

rockvillebikerides@gmail.com

www.facebook.com/bikerockville

www.meetup.com/bikerockville

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in.

Advanced

Age: 13+
5918 Tu 9/11-12/11 6:30-8 PM \$189/\$199
Rockcrest Ballet Center/Simpson

Beginner-Intermediate

Age: 13+
5911 Th 9/13-12/13 8-9:15 PM \$162/\$172
Rockcrest Ballet Center/Simpson

Intermediate

Age: 13+
5913 Tu 9/11-12/11 8-9:15 PM \$162/\$172
Rockcrest Ballet Center/Simpson

Advanced

Age: 13+
5912 Th 9/13-12/13 6:30-8 PM \$189/\$199
Rockcrest Ballet Center/Chongpinitchai

Beginner-Intermediate

Age: 13+
5895 M 9/17-12/10 7:15-8:30 PM \$152/\$162
Rockcrest Ballet Center/Chongpinitchai

New! Bollywood Bhangra Dance

Awaken the joy in your heart with this energetic and fun dance form, set to the soul-stirring rhythms of India. This class will combine Bollywood dance (as seen in Indian films) and Bhangra (North Indian folk dance). You will learn a choreographed piece, but emphasis will be on having fun and not on getting it perfect! Class will also include some free dance time. Suited for all levels. Wear comfortable clothing; shoes optional.

Age: 16+
5988 W 9/26-10/30 7:30-8:30 PM \$60/\$65
Thomas Farm CC/Khatri

Fall Indoor Community Yard Sale

Winter is approaching, now is the time to declutter your home, make some money, and have some fun doing it. Come check out our great bargains or sign up for our vendors table (6 ft by 3 ft) to sell your treasures at our community yard sale. Vendors must pre-register with payment to secure a space/table. Set up time is 7 a.m. No food or weapons can be sold.

Age: All ages
7073 Sa 10/6 7 AM - 1 PM \$20/\$30
Lincoln Park CC

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under direction from a producer. Learn what the pros look for, how to prepare and where to find work in your area.

Age: 18+
5868 Tu 12/11 6:30-9 PM \$25/\$30
Rockville Senior Center/Voice Coaches

Fitness

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+
5957 W 9/12-11/21 6:20-7:15 PM \$79/\$89

Mini session

7060 W 11/28-12/12 6:20-7:15 PM \$25/\$29
Thomas Farm CC/Ramsey

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+
6232 W 9/5-10/24 12:45-1:15 PM \$40/\$48
6234 W 9/5-10/24 8:05-8:35 PM \$40/\$48
6235 F 9/7-10/26 12:45-1:15 PM \$40/\$48
6215 M 9/10-10/22 12:45-1:15 PM \$35/\$42
6214 M 9/10-10/22 8:05-8:35 PM \$35/\$42
6231 M 10/29-12/17 12:45-1:15 PM \$40/\$48
6230 M 10/29-12/17 8:05-8:35 PM \$40/\$48
7019 W 10/31-12/19 12:45-1:15 PM \$40/\$48
6233 W 10/31-12/19 8:05-8:35 PM \$40/\$48
6216 F 11/2-12/21 12:45-1:15 PM \$35/\$42

Rockville Swim and Fitness Center



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Body Sculpt

Be prepared to sweat! This total-body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+

6260 Tu 9/4-10/23 5:30-6:25 PM \$64/\$77

6261 Tu 10/30-12/18 5:30-6:25 PM \$64/\$77

Rockville Swim and Fitness Center/Johnson

Bootcamp – Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

6263 W 9/5-10/24 5:30-6:30 PM \$64/\$77
Rockville Swim and Fitness Center/Johnson

7135 Th 9/6-10/25 9:10-10:10 AM \$64/\$77
Rockville Swim and Fitness Center

6241 M 9/10-10/22 5:45-6:45 PM \$56/\$67
Rockville Swim and Fitness Center

6262 M 10/29-12/17 5:45-6:45 PM \$64/\$77
Rockville Swim and Fitness Center

6264 W 10/31-12/19 5:30-6:30 PM \$64/\$77
Rockville Swim and Fitness Center/Johnson

7136 Th 11/1-12/20 9:10-10:10 AM \$56/\$67
Rockville Swim and Fitness Center/Johnson



Join Rockville Sister City Corporation for

German American Day Dinner

Sunday, Oct. 7 • 4 – 6 p.m.

Mykonos Grill

121 Congressional Lane, Rockville

Cost: \$50 per person (includes tax and tip).

For more information and to download registration form visit www.rockvillesistercities.org

Mail registration form with check to:

Rockville City Hall, 111 Maryland Ave., Rockville, MD 20850

Attn: RSCC Dinner, or pay online with Paypal

Contact us 240-314-5029 or rockvillesistercities@gmail.com if you have questions.

Also see us at:

Rocktoberfest - Saturday, Oct. 6 - Rockville Town Center

World of Montgomery - Sunday, Oct. 21; Montgomery College, Rockville Campus



Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work are included along with a variety of strength-building exercises. Bring a mat and weights.

Age: 16+

5930 Th 9/13-11/15 5:45-6:15 PM \$43/\$50

Mini session

7062 Th 11/29-12/13 5:45-6:15 PM \$25/\$29
Rockville Senior Center/Ramsey

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low-impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring a mat and weights.

Age: 16+

5955 Sa 9/15-11/24 9-9:45 AM \$88/\$98

Mini session

7063 Sa 12/1-12/15 9-9:45 AM \$25/\$29
Rockville Senior Center/Ramsey

5954 Tu 9/11-11/20 5:30-6:15 PM \$77/\$87

Mini session

7065 Tu 11/27-12/11 5:30-6:15 PM \$25/\$29
Thomas Farm CC/Webb

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness.

Weights are used.

Age: 16+

6273 Tu 9/4-10/23 11-11:45 AM \$64/\$77

6274 Th 9/6-10/25 11-11:45 AM \$64/\$77

6275 Tu 10/30-12/18 11-11:45 AM \$64/\$77

6248 Th 11/1-12/20 11-11:45 AM \$56/\$67

Rockville Swim and Fitness Center

Complete Core and More

Burn calories as you build strength and improve your endurance and flexibility. Class includes cardio, core work and a variety of exercises to improve muscle strength and toning. Bring a mat and weights.

Age: 16+

5956 Th 9/13-11/15 6:15-7:15 PM \$69/\$79

Mini session

7146 Th 11/29-12/13 6:15-7:15 PM \$25/\$29
Thomas Farm CC/Morales

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Super-charge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

6276 Th 9/6-10/25 12-12:45 PM \$64/\$77

6249 Th 11/1-12/20 12-12:45 PM \$56/\$67

Rockville Swim and Fitness Center

In Motion

This fitness class is designed to help seniors, older adults, and anyone with difficulty balancing maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group. Exercise can energize mood, relieve stress, help manage symptoms of illness and pain, and improve overall sense of well-being. Stay active and healthy!

Age: 55+

6212 Tu 9/4-10/23 12:45-1:15 PM \$48/\$48

6213 Tu 10/30-12/18 12:45-1:15 PM \$48/\$48

Rockville Swim and Fitness Center

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper-body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery.

Newcomers are welcome.

Age: 16+

6236 Th 9/6-10/25 12:45-1:15 PM \$40/\$48

6217 Th 11/1-12/20 12:45-1:15 PM \$35/\$42

Rockville Swim and Fitness Center

Lo by Jazzercise

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation. Bring a mat and weights.

Age: 16+

5936 M 9/24-12/10 6:45-7:45 PM \$108/\$118

5938 W 9/26-12/12 6:45-7:45 PM \$99/\$109

College Gardens Elementary School/Proctor



Need Help with Past-due Rent or Utility Payments?

Rockville Emergency Assistance Program (REAP)

- Prevent eviction – notice of eviction required*
- Prevent utility shut-off – notice of shut-off required*
- Purchase qualifying prescription medication

Rockville Rental Assistance Program (RRAP) **NEW!**

- One-time rental assistance to prevent delinquency
- 1st month's partial rental assistance
- Short-term case management, money management workshops, and referrals to community resources

Home Energy Assistance Program (HEAP) **NEW!**

- Referrals for Quick Home Energy Check-Ups and weatherization improvements
- No cost energy-efficiency upgrades to your home for qualified residents
- Help navigating the application process for local energy-efficiency resources

**All programs require eligibility screening. For information,
Contact Niambi Powell at 240-314-8319 or npowell@rockvillemd.gov**



New! Meditation

Manage stress and anxiety and relieve tension with this mind-body practice. Relax with easy stretches and guided breathing. Bring a pillow or folded blanket and a mat. Age: 16+

7137 Th 11/29-12/13 6:30-7:25 PM \$25/\$30
Twinbrook CRC/Furlong

Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility. Bring a mat and weights.

Age: 16+
5937 M 9/17-11/19 6:15-7 PM \$79/\$89

Mini session

7064 M 11/26-12/10 6:15-7 PM \$25/\$29
Thomas Farm CC/Ramsey

Pilates – Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+
5875 Tu 9/11-11/20 6:30-7:25 PM \$119/\$129
5905 Tu 11/27-12/18 6:30-7:25 PM \$45/\$50
Rockville Swim and Fitness Center/Poole

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+
5874 Tu 9/11-11/20 7:30-8:25 PM \$119/\$129
5904 Tu 11/27-12/18 7:30-8:25 PM \$45/\$50
Rockville Swim and Fitness Center/Poole

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+
7007 W 9/5-10/24 12:15-1:15 PM \$88/\$106
Rockville Swim and Fitness Center/Kolanowski

6554 Th 9/6-10/25 10:15-11:15 AM \$88/\$106
Rockville Swim and Fitness Center/Kolanowski

6484 Su 9/9-10/21 9:15-10:15 AM \$77/\$93
Rockville Swim and Fitness Center

6485 Su 10/28-12/16 9:15-10:15 AM \$77/\$93
Rockville Swim and Fitness Center

7008 W 10/31-12/19 12:15-1:15 PM \$88/\$106
Rockville Swim and Fitness Center/Kolanowski

6483 Th 11/1-12/20 10:15-11:15 AM \$77/\$93
Rockville Swim and Fitness Center/Kolanowski

New! Pom Dance Fitness

Have fun in this low-impact cardio-dance class following routines set to music and using pom-poms. Easy-to-follow routines are designed to burn calories while strengthening and toning. Pom-poms (optional) are provided.

Age: 16+
5926 Tu 9/25 6:30-7:15 PM Free Demo
5931 Tu 10/2-11/13 6:30-7:15 PM \$55/\$65
Thomas Farm CC/Rubenstein

New! Postnatal Yoga Mama

A well-rounded yoga class exploring postures (asanas; breathing exercises and energy balance (pranayama). Classes include training in: pose alignment; relaxation techniques; concentration, meditation. Expect to improve your overall sense of well-being. Pre-crawling babies allowed. All levels welcome. Bring a mat or rent one on site for \$2.

Age: 18+
5879 W 8/29-10/17 7:30-8:45 PM \$79/\$89
Thrive Yoga/Staff

Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class focuses on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

Age: 16+
6250 Sa 9/8-10/20 8-9 AM \$56/\$67
6251 Sa 10/27-12/15 8-9 AM \$56/\$67
Rockville Swim and Fitness Center

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights.

Age: 16+

5939 M 9/17-11/19 9:30-10:30 AM \$83/\$93
Thomas Farm CC/Morales

Mini session

7088 M 11/26-12/10 9:30-10:30 AM \$25/\$29
Thomas Farm CC/Morales

5940 W 9/12-11/21 9:30-10:30 AM \$83/\$93
Thomas Farm CC

Mini session

7087 W 11/28-12/12 9:30-10:30 AM \$25/\$29
Thomas Farm CC

5959 Th 9/13-11/15 6:30-7:15 PM \$79/\$89
Rockville Senior Center/Webb

Mini session

7066 Th 11/29-12/13 6:30-7:15 PM \$25/\$29
Rockville Senior Center/Webb

Yoga – Balance, Flexibility, Mood & Strength

Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying. Check with your doctor before enrolling. Bring a yoga mat and sturdy blanket or bath sheet to class.

Age: 16+

5921 M 9/17-12/10 1-2 PM \$129/\$139
Thomas Farm CC/Neves

Yoga – Gentle with Stretching

Learn simple ways of bringing the benefits of a yoga practice into your daily life for greater well-being. Enjoy a meditative experience with restorative and gentle poses, stretches, movements and breath. No prior yoga experience required. Good for all levels. Positions and stretches are accessible to most individuals. Bring a mat, yoga strap and Mexican blanket to class.

Age: 16+

5919 Th 9/13-11/29 7:30-8:45 PM \$135/\$145

Mini session

5920 Th 12/6-12/20 7:30-8:45 PM \$34/\$39
Rockville Senior Center/Dodson



Yoga – Beginner and Continuing

Be introduced to traditional yoga techniques such as meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+

5889 Th 9/20-11/15 6:30-7:25 PM \$89/\$99
Twinbrook CRC/Furlong

Yoga – Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

6569 Tu 9/4-10/23 9:15-10:15 AM \$109/\$123
6568 F 9/7-10/26 9:15-10:15 AM \$109/\$123
6570 Tu 10/30-12/18 9:15-10:15 AM \$109/\$123
6555 F 11/2-12/21 9:15-10:15 AM \$89/\$107
Rockville Swim and Fitness Center

Yoga – Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 16+

6563 W 9/5-10/24 9:15-10 AM \$98/\$118
6546 Sa 9/8-10/20 9:15-10 AM \$86/\$104
6547 Sa 10/27-12/15 9:15-10 AM \$86/\$104
6564 W 10/31-12/19 9:15-10 AM \$98/\$118
Rockville Swim and Fitness Center

Yoga – Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+

5870 M 9/17-12/10 7:30-8:45 PM \$159/\$169
Thomas Farm CC/Neves

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

6571	W	9/5-10/24	7-8 PM	\$109/\$123
6556	M	9/10-10/22	9:15-10:15 AM	\$89/\$107
6572	M	10/29-12/17	9:15-10:15 AM	\$109/\$123
6573	W	10/31-12/19	7-8 PM	\$109/\$123

Rockville Swim and Fitness Center

Yoga with Weights

This class strengthens, tones, relaxes and increases your flexibility through a combination of free weights and specific yoga postures, along with practicing traditional yoga positions. Students should wear comfortable clothing, bring a yoga mat and water. Contact pgnairzen@gmail.com with any questions. Class is for beginner and continuing yoga students.

Age: 16+

5877	Su	9/16-10/28	10:30-11:30 AM	\$72/\$82
5878	W	9/26-11/7	7:40-8:40 PM	\$72/\$82

Rockville Senior Center/Nair

Zumba – Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+

5869	Tu	9/25-10/30	7:30-8:25 PM	\$55/\$60
Thomas Farm CC/Graves				
7111	Th	9/20-10/25	9:30-10:30 AM	\$55/\$60
Thomas Farm CC/Phillipe				
7112	Th	11/1-12/13	9:30-10:30 AM	\$55/\$60
Thomas Farm CC/Phillipe				



Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+

6283	W	9/5-10/24	6:05-6:50 PM	\$64/\$77
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Rockville Swim and Fitness Center/Johnson

Age: 16+

6279	Th	9/6-10/25	7:05-7:50 PM	\$64/\$77
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Rockville Swim and Fitness Center

Age: 16+

6280	F	9/7-10/26	12-12:45 PM	\$64/\$77
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Rockville Swim and Fitness Center/DiTullio

Age: 16+

6284	W	10/31-12/19	6:05-6:50 PM	\$64/\$77
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Rockville Swim and Fitness Center/Johnson

Age: 16+

6252	Th	11/1-12/20	7:05-7:50 PM	\$56/\$67
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Rockville Swim and Fitness Center

Age: 16+

6253	F	11/2-12/21	12-12:45 PM	\$56/\$67
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Rockville Swim and Fitness Center/DiTullio

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

Age: 16+

6282	W	9/5-10/24	12-12:45 PM	\$64/\$77
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Rockville Swim and Fitness Center/DiTullio

6254	Sa	9/8-10/20	11-11:45 AM	\$56/\$67
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Rockville Swim and Fitness Center

6281	W	10/31-12/19	12-12:45 PM	\$64/\$77
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Rockville Swim and Fitness Center/DiTullio

6255	Sa	10/27-12/15	11-11:45 AM	\$56/\$67
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Rockville Swim and Fitness Center

What's Happening in Rockville?

Have a list of Rockville's weekly events delivered to your email, every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

Sign up today and look to the week ahead.

www.rockvillemd.gov/thisweek

Martial Arts

Fencing – Beginner

Designed to introduce beginners to the Olympic sport of fencing, this course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

5970	Sa	9/22-11/10	2-3:20 PM	\$128/\$140
5971	Su	9/23-11/11	11:25 AM-12:45 PM	\$128/\$140
5969	Tu	9/25-11/13	7-8:20 PM	\$128/\$140

Rockville Fencing Academy/Staff

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes per week and save \$29 on the second class.

Age: 13+

7009	Su	9/23-10/21	8:45-9:30 AM	\$79/\$89
7013	M	9/24-10/22	8:25-9:10 PM	\$69/\$79
7014	Tu	9/25-10/23	8:15-9 PM	\$69/\$79
7093	W	9/26-10/24	8:15-9 PM	\$69/\$79
7094	Th	9/27-10/25	8-8:45 PM	\$69/\$79

Kicks Karate/Staff

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

5935	Tu	9/17-11/6	7-8 PM	\$51/\$61
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Rockville Farmers Market

Fruit • Vegetables • Meat • Flowers
Cheese • Bread • Baked Goods

Saturdays

May 12-Nov. 17

9 a.m. - 1 p.m.

Corner of Rt. 28 and Monroe St.

www.Facebook.com
RockvilleFarmersMarket



www.rockvillemd.gov/farmers • 240-314-8620

**Sign up for City of Rockville
Emergency Notifications**



**ALERT
Rockville**

rockvillemd.gov/alerts

Public Safety • Severe Weather • Traffic

The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,
visit www.rockvillemd.gov/alerts**

Sports - Instructional

Pickleball – Indoor

A paddle sport that is a cross between tennis, badminton and ping pong where you hit a whiffle ball over a badminton-sized court. If you've never played this sport before this class is designed for you. It's easy to learn and fun to play. This class teaches participants basic strokes, dinks, serve, footwork and rules of the game. Paddles and balls are provided.

Age: 16+

5927 W 10/3-10/24 6-7 PM \$30/\$35
Twinbrook CRC/Daly

New! Pickleball – Outdoor Beg./Inter.

Enjoy playing the fastest growing sport in America. Participants will learn 10 tips for smart pickleball play, instruction for all strokes and serve, drill work and mixed-partner doubles strategies and play. Participants are encouraged to bring their own paddles however paddles are provided.

Age: 16+

7110 Sa 9/15-10/27 12:30-2:30 PM \$60/\$70
Dogwood Park/Shenk

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racket.

Age: 16+

Beg/Nov 2.0-3.0 NTRP Level

5951 Su 9/16-10/21 2-2:50 PM \$75/\$85
Civic Center Park/M. Yargici

Intermediate 3.0-3.5 NTRP Level

5966 Su 9/16-10/21 3-4:15 PM \$89/\$99
Civic Center Park/M. Yargici

Beg/Nov 2.0-3.0 NTRP Level

5950 M 9/17-10/22 6-6:50 PM \$75/\$75
Twinbrook CRC/Asaka

Intermediate 3.0-3.5 NTRP Level

5963 M 9/17-10/22 7-8:15 PM \$89/\$99
Twinbrook CRC/Asaka

Intermediate 3.0-3.5 NTRP Level

5964 Tu 9/25-10/30 7-8:15 PM \$89/\$99
Dogwood Park/M. Yargici

Beg/Nov 2.0-3.0 NTRP Level

5952 Tu 9/25-10/30 6-6:50 PM \$75/\$85
Dogwood Park/M. Yargici

Intermediate 3.0-3.5 NTRP Level

5962 W 9/26-11/7 7-8:15 PM \$89/\$99
Mattie Stepanek Park/Asaka

Beg/Nov 2.0-3.0 NTRP Level

5949 W 9/26-11/7 6-6:50 PM \$75/\$75
Mattie Stepanek Park/Asaka

THE PLAYER'S CARD

CARD THAT MAKE A DIFFERENCE
ADVANTAGE CARD

ONLY \$20 PER YEAR

INCLUDES:

- small bucket of range balls with every round played
- 10% discount on Golf Shop merchandise (non-sale only)
- 15% off rack rates for greens fees on the first 4 rounds
- 25% off rack rates for green fees after 4 rounds

RedGate Golf Course

PURCHASE YOUR ADVANTAGE CARD IN STORE OR ONLINE TODAY!

Valid for 1 year from date of purchase.

www.redgategolf.com

Interested in Pickleball courts?



We want to hear from you.

Take the survey by visiting:

<http://app.surveymethods.com/EndUser.aspx?D5F19D85D390838FDF>

HOSTED BY THE CITY OF ROCKVILLE MAYOR AND COUNCIL

Rockville Antique and Classic Car Show

Saturday, Oct. 20

11 a.m. - 3:30 p.m.

Rockville Civic Center Park, 603 Edmonston Dr.

2018 Vehicle Eligibility: Open to motor vehicles (no custom/modified cars) up to and including the 1993 model year. Visit the event website to download a registration form.

www.rockvillemd.gov/carshow • 240-314-8620

All - Center Drop - In Pickleball and Badminton

Pickleball:

TCRC: Wednesday, 7-9 p.m.

TFCC: Wednesday and Thursday, 10 a.m.-noon

Combo all-center memberships
(excludes fitness memberships)
\$50 Residents • \$90 Nonresidents
Ask about our open-gym basketball
and fitness memberships

Badminton:

TCRC: Thursday, 7-9 p.m.

Sunday, 3-6 p.m. (April-December)

TFCC: Tuesday, 7-9:30 p.m.

Friday, 11:15 a.m.-1:15 p.m.

Sunday, 3-6 p.m. (April-October)

Twinbrook Community Rec. Center
12920 Twinbrook Parkway • 240-314-8830

Thomas Farm Community Center
700 Falls Grove Drive • 240-314-8840

ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800 • www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.

REGISTRATION DATES

(M) – Member registration begins **Tuesday, July 31**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Thursday, Aug. 2 for all other city programs.

(NM) – Nonmember registration begins **Thursday, Aug. 2**.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Life in Rockville Recreation Guide. One \$10 discount may be used per Senior Center member, per activity for programs over \$50. Does not apply to workshops. Discounts must be applied for in-person. This discount is not valid for aquatics classes. Refer to the aquatics section for pricing. For more information call 240-314-8800.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/nonmember

Center Membership Fees

\$40/year – Rockville resident
\$135/year – Nonresident; \$65 spouse



Fitness Center Membership Fees

\$90/year. (Must be a Senior Center member)

PROGRAM ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required. Call 240-314-8810.

**All senior programs are held at the
Rockville Senior Center unless noted.**

Senior Center Happenings:

NEW! ALL – DAY EXERCISE

Would you like to try a new exercise class to help spice up your fitness routine? Preview many classes that will be offered this Fall.

We'll have several free 25-minute class demonstrations offered throughout the day.

Try as many as you would like.

Thursday Aug. 30 10 a.m.-2 p.m.

Course #5745; Free

WALKING SERIES

Enjoy the outdoors with this seasonal event.

Join this walking series to increase your fitness level while experiencing some of our beautiful local trails. This program is designed for the active participant.

Some trails may include uneven surfaces.

Transportation will be provided.

Bring a bag lunch. Great Falls (MD)

Tuesday, Sept. 4, 10 a.m.-2:30 p.m.

Course #6006; \$10/\$12

FLU SHOT CLINICS

Rockville Senior Center

Monday, Sept. 24, 10 a.m.-1 p.m.

Center Members Only

Tuesday, Oct. 16, 10 a.m.-1 p.m.

Open to all

For more information: 240-314-8810.

SEPTEMBER SUPPER CLUB

Tuesday, Sept. 4, 5-7 p.m.

A catered meal and Entertainment by Four Seasons Dancers.

Register by Aug. 24.

Course #7133; \$16/\$20

ANNUAL TURKEY TROT

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk a mile through the Woodley Gardens neighborhood. For those participants who would like to burn off some extra calories, join us for a second mile. Bring a canned food item to support our local food bank, or make a donation to our Senior

Assistance Fund. Rain or shine.

Thursday, Nov. 15, 10-11:30 a.m.

Course #6963; Free

DECEMBER BIRTHDAY

Entertainment by: Holly Jolly by the Carnation Players

Sponsored by: Essex Bank and Arden Courts of Potomac

Wednesday, Dec. 5, 1:30-3 p.m.

Course #5983; Free/\$7

RSI HOLIDAY BAZAAR

Saturday, Dec. 8, 9 a.m.-2 p.m.

Handmade crafts, book sale, bake sale and plant sale, raffle and more!

Call 240-314-8800 for vendor application.

HOLIDAY DELIGHT SUPPER CLUB

Tuesday, Dec. 11, 5-7 p.m.

A catered dinner and entertainment.

Register by Nov. 29

Course #7166; \$20/\$25



Look for additional information in our

Adults 60+ *Recreation and Services Guide*

Pick up your copy today at the following locations:
Rockville Senior Center, all community centers, Croydon Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Libraries.

If you do not receive your guide in a timely manner, visit one of the locations listed above.
visit www.rockvillemd.gov/recreation to view online.

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

Monday to Friday:

Pickup schedule (for those who call in advance): Approx. 9 a.m. and approx. 11 a.m.

Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older. See or call the transportation office for a reservation: 240-314-8810.

Call before 2 p.m. the day before and Friday for a Monday pickup.

Benefits of the Senior Center Membership include:

Discounts on Senior Programs • Discounts on Rentals • DVD Rentals
Eligibility to Join the Fitness Center • Early Class Registration • Drop-In Programs
Discounts in All Rockville Adult Classes • Eligible for Senior Garden Plots

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

7 a.m.-8 p.m., Monday-Thursday • 7 a.m.-7 p.m., Friday • 7 a.m.-4 p.m., Saturday

Fitness Center Membership Fees

\$90/year (Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

Senior Center Information and Support Services

Rockville Emergency Assistance Program (REAP)

For residents 60-plus, emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Miriam Minera, 240-314-8817.

BUILDING CLOSED

Sept. 3
Nov. 12, 22, 23
Dec. 25

TRIP REGISTRATION In-Person Lottery

Tuesday, Aug. 16, 10:30 a.m.

Senior Center members

Numbers distributed in random order, 10:15 a.m.

Wednesday, Aug 17

Nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



Rockville Villages

What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information:

Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov.

www.rockvillemd.gov/rockvillevillages
www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html

FLU Shot CLINICS

ROCKVILLE SENIOR CENTER

Tuesday, Sept. 24, 10 a.m.-1 p.m.

Senior Center members only
Carnation Room

Tuesday, Oct. 16, 10 a.m.-1 p.m.

Open to all • Health Room

You must bring your Medicare (Part B) and insurance cards. For anyone with Medicare primary insurance there is no cost.

Without insurance:

Regular dose is \$25, Preservative-free shot is \$27,
High dose is \$47

Flu Shots Only.

240-314-8810

Provided by Adventist HealthCare.

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
240-314-8750



The swim center has two indoor and two outdoor pools, an outside interactive sprayground, a 150-foot waterslide, dry saunas, whirlpool, fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

No classes held Nov. 22-25.

Fees:
M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Member
Tuesday, July 31, 8:30 a.m.

Swim Center Nonmember
Thursday, Aug. 2, 8:30 a.m.

Registration Deadline:
One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.
Note: \$15 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:
Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:
Swimming Lessons
240-314-8759

A photograph of three children in a swimming pool. They are wearing swim caps and goggles. The child in the center is smiling and looking towards the camera. The child on the left is also smiling. The child on the right is partially visible. The background shows the pool's edge and some equipment.

Swimming Classes

Annual and Seasonal Memberships Available!
Come for the day or the year!

Adult/Child Swim

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 6-18 mos				M/NM
6502	Tu	9/4-10/23	9-9:30 AM	\$73/\$91
6376	Sa	9/8-10/20	10:50-11:20 AM	\$64/\$80
6377	Su	9/9-10/21	10:15-10:45 AM	\$64/\$80
6378	Sa	10/27-12/15	10:50-11:20 AM	\$64/\$80
6379	Su	10/28-12/16	10:15-10:45 AM	\$64/\$80
6503	Tu	10/30-12/18	9-9:30 AM	\$73/\$91

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 18-36 mos				M/NM
6504	Th	9/6-10/25	9-9:30 AM	\$73/\$91
6381	Sa	9/8-10/20	10:15-10:45 AM	\$64/\$80
6382	Su	9/9-10/21	9:40-10:10 AM	\$64/\$80
6383	Su	9/9-10/21	11:25-11:55 AM	\$64/\$80
6380	M	9/10-10/22	2-2:30 PM	\$64/\$80
6388	Sa	10/27-12/15	8:30-9 AM	\$64/\$80
6385	Sa	10/27-12/15	10:15-10:45 AM	\$64/\$80
6386	Su	10/28-12/16	9:40-10:10 AM	\$64/\$80
6387	Su	10/28-12/16	11:25-11:55 AM	\$64/\$80
6505	M	10/29-12/17	2-2:30 PM	\$73/\$91
6384	Th	11/1-12/20	9-9:30 AM	\$64/\$80

Bobbers 1

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
6497	W	9/5-10/24	2-2:30 PM	\$73/\$91
6498	Th	9/6-10/25	9:30-10 AM	\$73/\$91
6361	Sa	9/8-10/20	9:05-9:35 AM	\$64/\$80
6362	Sa	9/8-10/20	11:25-11:55 AM	\$64/\$80
6363	Su	9/9-10/21	9:05-9:35 AM	\$64/\$80
6364	Su	9/9-10/21	10:50-11:20 AM	\$64/\$80
6365	Sa	10/27-12/15	9:05-9:35 AM	\$64/\$80
6366	Sa	10/27-12/15	11:25-11:55 AM	\$64/\$80
6367	Su	10/28-12/16	9:05-9:35 AM	\$64/\$80
6368	Su	10/28-12/16	10:50-11:20 AM	\$64/\$80
6499	W	10/31-12/19	2-2:30 PM	\$73/\$91
6369	Th	11/1-12/20	9:30-10 AM	\$64/\$80



Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
6500	Tu	9/4-10/23	9:30-10 AM	\$73/\$91
6370	Sa	9/8-10/20	8:30-9 AM	\$64/\$80
6371	Sa	9/8-10/20	9:40-10:10 AM	\$64/\$80
6372	Su	9/9-10/21	8:30-9 AM	\$64/\$80
6374	Sa	10/27-12/15	9:40-10:10 AM	\$64/\$80
6375	Su	10/28-12/16	8:30-9 AM	\$64/\$80
6501	Tu	10/30-12/18	9:30-10 AM	\$73/\$91

Preschool Swim

Fearful Floaters

This swim class is intended for children who are reluctant to take part in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6				M/NM
6509	W	9/5-10/24	3:35-4:05 PM	\$79/\$98
6407	Sa	9/8-10/20	9:45-10:25 AM	\$69/\$86
6406	M	9/10-10/22	4:45-5:15 PM	\$69/\$86
6426	Sa	10/27-12/15	9:45-10:25 AM	\$69/\$86
6510	M	10/29-12/17	3:35-4:05 PM	\$79/\$98
6521	W	10/31-12/19	3:35-4:05 PM	\$79/\$98



Aquatics

Floaters 1

This swim class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6

				M/NM
6511	Tu	9/4-10/23	4:35-5:05 PM	\$79/\$98
6512	Tu	9/4-10/23	5:10-5:40 PM	\$79/\$98
6513	Tu	9/4-10/23	5:45-6:15 PM	\$79/\$98
6544	W	9/5-10/24	4:10-4:40 PM	\$79/\$98
6514	Th	9/6-10/25	5:45-6:15 PM	\$79/\$98
6515	F	9/7-10/26	3:35-4:05 PM	\$79/\$98
6516	F	9/7-10/26	4:45-5:15 PM	\$79/\$98
6409	Sa	9/8-10/20	9-9:40 AM	\$69/\$86
6410	Sa	9/8-10/20	10:30-11:10 AM	\$69/\$86
6411	Sa	9/8-10/20	11:15-11:55 AM	\$69/\$86
6412	Su	9/9-10/21	9-9:40 AM	\$69/\$86
6413	Su	9/9-10/21	9:45-10:25 AM	\$69/\$86
6414	Su	9/9-10/21	10:30-11:10 AM	\$69/\$86
6415	Su	9/9-10/21	11:15-11:55 AM	\$69/\$86
6408	M	9/10-10/22	3:35-4:05 PM	\$69/\$86
6419	Sa	10/27-12/15	9-9:40 AM	\$69/\$86
6420	Sa	10/27-12/15	10:30-11:10 AM	\$69/\$86
6421	Sa	10/27-12/15	11:15-11:55 AM	\$69/\$86
6422	Su	10/28-12/16	9-9:40 AM	\$69/\$86
6423	Su	10/28-12/16	9:45-10:25 AM	\$69/\$86
6424	Su	10/28-12/16	10:30-11:10 AM	\$69/\$86
6425	Su	10/28-12/16	11:15-11:55 AM	\$69/\$86
6543	M	10/29-12/17	3:35-4:05 PM	\$79/\$98
6517	M	10/29-12/17	4:45-5:15 PM	\$79/\$98
6518	Tu	10/30-12/18	4:35-5:05 PM	\$79/\$98
6519	Tu	10/30-12/18	5:10-5:40 PM	\$79/\$98
6520	W	10/31-12/19	4:45-5:15 PM	\$79/\$98
6416	Th	11/1-12/20	5:45-6:15 PM	\$69/\$86
6417	F	11/2-12/21	3:35-4:05 PM	\$69/\$86
6418	F	11/2-12/21	4:45-5:15 PM	\$69/\$86

Floaters 2

This swim class is for children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back should take this class. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6

				M/NM
6523	Tu	9/4-10/23	5:10-5:40 PM	\$79/\$98
6524	W	9/5-10/24	3:35-4:05 PM	\$79/\$98
6525	W	9/5-10/24	4:10-4:40 PM	\$79/\$98
6526	Th	9/6-10/25	4:35-5:05 PM	\$79/\$98
6527	Th	9/6-10/25	5:10-5:40 PM	\$79/\$98
6528	F	9/7-10/26	3:35-4:05 PM	\$79/\$98
6529	F	9/7-10/26	4:10-4:40 PM	\$79/\$98
6428	Sa	9/8-10/20	9:45-10:25 AM	\$69/\$86
6429	Sa	9/8-10/20	11:15-11:55 AM	\$69/\$86
6430	Su	9/9-10/21	9:45-10:25 AM	\$69/\$86
6431	Su	9/9-10/21	11:15-11:55 AM	\$69/\$86
6427	M	9/10-10/22	4:10-4:40 PM	\$69/\$86
6436	Sa	10/27-12/15	9:45-10:25 AM	\$69/\$86
6437	Sa	10/27-12/15	10:30-11:10 AM	\$69/\$86
6438	Sa	10/27-12/15	11:15-11:55 AM	\$69/\$86
6439	Su	10/28-12/16	9:45-10:25 AM	\$69/\$86
6440	Su	10/28-12/16	10:30-11:10 AM	\$69/\$86
6441	Su	10/28-12/16	11:15-11:55 AM	\$69/\$86
6530	M	10/29-12/17	4:10-4:40 PM	\$79/\$98
6531	Tu	10/30-12/18	5:10-5:40 PM	\$79/\$98
6532	W	10/31-12/19	3:35-4:05 PM	\$79/\$98
6432	Th	11/1-12/20	4:35-5:05 PM	\$69/\$86
6433	Th	11/1-12/20	5:10-5:40 PM	\$69/\$86
6434	F	11/2-12/21	3:35-4:05 PM	\$69/\$86
6435	F	11/2-12/21	4:10-4:40 PM	\$69/\$86

Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7

				M/NM
6534	Th	9/6-10/25	4:35-5:05 PM	\$79/\$98
6535	Th	9/6-10/25	5:10-5:40 PM	\$79/\$98
6445	Sa	9/8-10/20	9:45-10:25 AM	\$69/\$86
6446	Su	9/9-10/21	11:15-11:55 AM	\$69/\$86
6460	M	9/10-10/22	3:35-4:05 PM	\$69/\$86
6449	Sa	10/27-12/15	11:15-11:55 AM	\$69/\$86
6450	Su	10/28-12/16	9-9:40 AM	\$69/\$86
6536	W	10/31-12/19	4:10-4:40 PM	\$79/\$98
6447	Th	11/1-12/20	4:35-5:05 PM	\$69/\$86
6448	Th	11/1-12/20	5:10-5:40 PM	\$69/\$86



Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7				M/NM
6537	Tu	9/4-10/23	5:45-6:15 PM	\$79/\$98
6452	Sa	9/8-10/20	11:15-11:55 AM	\$69/\$86
6453	Su	9/9-10/21	9-9:40 AM	\$69/\$86
6451	M	9/10-10/22	4:45-5:15 PM	\$69/\$86
6454	Sa	10/27-12/15	10:30-11:10 AM	\$69/\$86
6455	Su	10/28-12/16	11:15-11:55 AM	\$69/\$86
6538	M	10/29-12/17	4:45-5:15 PM	\$79/\$98
6539	Tu	10/30-12/18	5:45-6:15 PM	\$79/\$98
6540	W	10/31-12/19	4:45-5:15 PM	\$79/\$98

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
6541	W	9/5-10/24	4:45-5:15 PM	\$79/\$98
6542	F	9/7-10/26	4:45-5:15 PM	\$79/\$98
6456	Sa	9/8-10/20	9-9:40 AM	\$69/\$86
6457	Su	9/9-10/21	10:30-11:10 AM	\$69/\$86
6459	Su	10/28-12/16	9:45-10:25 AM	\$69/\$86
6458	F	11/2-12/21	4:45-5:15 PM	\$69/\$86

Mini Swim Team Prep

This swim class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
6533	Th	9/6-10/25	5:45-6:15 PM	\$79/\$98
6442	Sa	9/8-10/20	9-9:40 AM	\$69/\$86
6444	Sa	10/27-12/15	9:45-10:25 AM	\$69/\$86
6443	Th	11/1-12/20	5:45-6:15 PM	\$69/\$86



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Children/Teen Swim

Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
6474	W	9/5-10/24	4:45-5:15 PM	\$72/\$90
6475	F	9/7-10/26	4:10-4:40 PM	\$72/\$90
6298	Sa	9/8-10/20	9:45-10:25 AM	\$64/\$79
6299	Sa	9/8-10/20	10:30-11:10 AM	\$64/\$79
6300	Su	9/9-10/21	10:30-11:10 AM	\$64/\$79
6301	Su	9/9-10/21	12-12:40 PM	\$64/\$79
6303	Sa	10/27-12/15	9-9:40 AM	\$64/\$79
6304	Su	10/28-12/16	10:30-11:10 AM	\$64/\$79
6305	Su	10/28-12/16	12-12:40 PM	\$64/\$79
6476	Tu	10/30-12/18	5:45-6:15 PM	\$72/\$90
6477	W	10/31-12/19	4:10-4:40 PM	\$72/\$90
6302	F	11/2-12/21	4:10-4:40 PM	\$64/\$79

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**For additional information,
call 240-314-8750
www.rockvillemd.gov/swimcenter**

Aquatics

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7+				M/NM
6478	Tu	9/4-10/23	4:35-5:05 PM	\$72/\$90
6307	Sa	9/8-10/20	9-9:40 AM	\$64/\$79
6308	Sa	9/8-10/20	10:30-11:10 AM	\$64/\$79
6309	Su	9/9-10/21	9-9:40 AM	\$64/\$79
6310	Su	9/9-10/21	12-12:40 PM	\$64/\$79
6306	M	9/10-10/22	4:10-4:40 PM	\$64/\$79
6311	Sa	10/27-12/15	9:45-10:25 AM	\$64/\$79
6312	Su	10/28-12/16	9-9:40 AM	\$64/\$79
6313	Su	10/28-12/16	12-12:40 PM	\$64/\$79
6479	M	10/29-12/17	4:10-4:40 PM	\$72/\$90
6480	Tu	10/30-12/18	4:35-5:05 PM	\$72/\$90

Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
6314	Sa	9/8-10/20	11:15-11:55 AM	\$64/\$79
6315	Su	9/9-10/21	10:30-11:10 AM	\$64/\$79
6316	Su	9/9-10/21	12-12:40 PM	\$64/\$79
6320	Su	9/9-10/21	9:45-10:25 AM	\$64/\$79
6317	Sa	10/27-12/15	9-9:40 AM	\$64/\$79
6318	Sa	10/27-12/15	10:30-11:10 AM	\$64/\$79
6319	Su	10/28-12/16	9-9:40 AM	\$64/\$79
6321	Su	10/28-12/16	10:30-11:10 AM	\$64/\$79
6322	Su	10/28-12/16	12-12:40 PM	\$64/\$79

Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7+				M/NM
6323	Sa	9/8-10/20	9-9:40 AM	\$64/\$79
6324	Sa	9/8-10/20	10:30-11:10 AM	\$64/\$79
6325	Su	9/9-10/21	9-9:40 AM	\$64/\$79
6326	Su	9/9-10/21	11:15-11:55 AM	\$64/\$79
6327	Su	9/9-10/21	12-12:40 PM	\$64/\$79
6328	Sa	10/27-12/15	9-9:40 AM	\$64/\$79
6329	Sa	10/27-12/15	9:45-10:25 AM	\$64/\$79
6330	Sa	10/27-12/15	11:15-11:55 AM	\$64/\$79
6331	Su	10/28-12/16	9:45-10:25 AM	\$64/\$79
6332	Su	10/28-12/16	11:15-11:55 AM	\$64/\$79

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7+				M/NM
6333	Sa	9/8-10/20	9-9:40 AM	\$64/\$79
6334	Sa	9/8-10/20	11:15-11:55 AM	\$64/\$79
6335	Su	9/9-10/21	9:45-10:25 AM	\$64/\$79
6336	Su	9/9-10/21	9-9:40 AM	\$64/\$79
6337	Su	9/9-10/21	11:15-11:55 AM	\$64/\$79
6338	Sa	10/27-12/15	9-9:40 AM	\$64/\$79
6339	Sa	10/27-12/15	9:45-10:25 AM	\$64/\$79
6340	Sa	10/27-12/15	11:15-11:55 AM	\$64/\$79
6341	Su	10/28-12/16	9-9:40 AM	\$64/\$79
6342	Su	10/28-12/16	9:45-10:25 AM	\$64/\$79
6343	Su	10/28-12/16	12-12:40 PM	\$64/\$79

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+				M/NM
6344	Sa	9/8-10/20	9:45-10:25 AM	\$64/\$79
6345	Sa	9/8-10/20	11:15-11:55 AM	\$64/\$79
6346	Su	9/9-10/21	9:45-10:25 AM	\$64/\$79
6347	Su	9/9-10/21	10:30-11:10 AM	\$64/\$79
6348	Sa	10/27-12/15	9-9:40 AM	\$64/\$79
6349	Sa	10/27-12/15	10:30-11:10 AM	\$64/\$79
6350	Su	10/28-12/16	9-9:40 AM	\$64/\$79
6351	Su	10/28-12/16	11:15-11:55 AM	\$64/\$79

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7+				M/NM
6352	Sa	9/8-10/20	10:30-11:10 AM	\$64/\$79
6353	Su	9/9-10/21	9-9:40 AM	\$64/\$79
6354	Su	9/9-10/21	11:15-11:55 AM	\$64/\$79
6355	Su	9/9-10/21	12-12:40 PM	\$64/\$79
6356	Sa	10/27-12/15	10:30-11:10 AM	\$64/\$79
6357	Su	10/28-12/16	10:30-11:10 AM	\$64/\$79
6358	Su	10/28-12/16	12-12:40 PM	\$64/\$79



Rockville Swim and Fitness Center

Doggie Dip Day

Saturday, Sept. 8

Noon-4 p.m.

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Check Out Our Fitness Room



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- 5 – Treadmills
- 4 – Elliptical Machines
- 2 – Step/Climber Machines
- 13 Pieces – Single-Station Strength-Training Equipment and Free Weights
- Meeting Room and Kitchenette (Available for Rentals and Parties)

240-314-8750

www.rockvillemd.gov/swimcenter

Aquatics

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts.

Prerequisite: Successful completion of Youth 6 and 7.

Age: 7+				M/NM
6290	Sa	9/8-10/20	9:45-10:25 AM	\$64/\$79
6291	Sa	9/8-10/20	10:30-11:10 AM	\$64/\$79
6292	Su	9/9-10/21	9:45-10:25 AM	\$64/\$79
6293	Su	9/9-10/21	10:30-11:10 AM	\$64/\$79
6294	Sa	10/27-12/15	11:15-11:55 AM	\$64/\$79
6295	Su	10/28-12/16	9:45-10:25 AM	\$64/\$79
6296	Su	10/28-12/16	10:30-11:10 AM	\$64/\$79
6297	Su	10/28-12/16	11:15-11:55 AM	\$64/\$79

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15				M/NM
6288	Su	9/9-10/21	12-12:45 PM	\$64/\$79
6289	Su	10/28-12/16	12-12:45 PM	\$64/\$79

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
6461	Tu	9/4-10/23	8:30-9:15 PM	\$73/\$90
6462	W	9/5-10/24	8:35-9:20 PM	\$73/\$90
6463	Tu	10/30-12/18	8:30-9:15 PM	\$73/\$90
6464	W	10/31-12/19	8:35-9:20 PM	\$73/\$90

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite:

Adult Beginner 1

Age: 14+				M/NM
6465	W	9/5-10/24	8:35-9:20 PM	\$73/\$90
6466	Th	9/6-10/25	8:30-9:15 PM	\$73/\$90
6467	W	10/31-12/19	8:35-9:20 PM	\$73/\$90
6285	Th	11/1-12/20	8:30-9:15 PM	\$64/\$79

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14+				M/NM
6468	Tu	9/4-10/23	8:30-9:15 PM	\$73/\$90
6469	Tu	10/30-12/18	8:30-9:15 PM	\$73/\$90

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3.

Age: 14+				M/NM
6470	Th	9/6-10/25	8:30-9:15 PM	\$73/\$90
6286	Th	11/1-12/20	8:30-9:15 PM	\$64/\$79

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke are further developed. Endurance and breathing are stressed. These sessions are not for beginners.

Prerequisite: Adult Beginner 4

Age: 14+				M/NM
6471	Tu	9/4-10/23	11:10-11:55 AM	\$73/\$90
6473	Th	9/6-10/25	11:10-11:55 AM	\$73/\$90
6472	Tu	10/30-12/18	11:10-11:55 AM	\$73/\$90
6287	Th	11/1-12/20	11:10-11:55 AM	\$64/\$79

Sign Up for Notifications

Receive updates on schedule changes, weather alerts, upcoming classes and facility projects.

Go to www.rockvillemd.gov/swimcentralerts to sign up today!

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep-water exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment is provided.

Age: 16+				M/NM
6486	Tu	9/4-12/18	6:35-7:20 AM	\$75/\$91
6390	Th	9/6-12/20	6:35-7:20 AM	\$70/\$85

Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size, fitness or swim level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 16+				M/NM
6487	W	9/5-12/19	10:15-11 AM	\$75/\$91
6392	F	9/7-12/21	10:15-11 AM	\$70/\$85
6391	M	9/10-12/17	10:15-11 AM	\$70/\$85

Aqua Fitness

This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are provided.

Age: 16+				M/NM
6489	Tu	9/4-12/18	8:30-9:15 AM	\$75/\$91
6490	Tu	9/4-12/18	9:15-10 AM	\$75/\$91
6488	W	9/5-12/19	8:30-9:15 AM	\$75/\$91
6491	W	9/5-12/19	9:15-10 AM	\$75/\$91
6396	Th	9/6-12/20	8:30-9:15 AM	\$70/\$85
6397	Th	9/6-12/20	9:15-10 AM	\$70/\$85
6947	F	9/7-12/21	8:30-9:15 AM	\$70/\$85
6393	M	9/10-12/17	8:30-9:15 AM	\$70/\$85
6395	M	9/10-12/17	9:15-10 AM	\$70/\$85

Aqua Hiit

High-intensity interval training (Hiit) at the Swim and Fitness Center alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are increased metabolism, fat burning, weight loss and improved cardio-respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

Age: 16+				M/NM
6394	F	9/7-12/21	9:15-10 AM	\$70/\$85

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 16+				M/NM
6492	Tu	9/4-12/18	10:10-10:55 AM	\$75/\$91
6398	Th	9/6-12/20	10:10-10:55 AM	\$70/\$85

Deep Water Workout

Enjoy this swim class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Flotation belts are used.

Age: 16+				M/NM
6493	Tu	9/4-12/18	7:40-8:25 PM	\$75/\$91
6494	W	9/5-12/19	9:15-10 AM	\$75/\$91
6400	Th	9/6-12/20	7:40-8:25 PM	\$70/\$85
6401	F	9/7-12/21	9:15-10 AM	\$70/\$85
6399	M	9/10-12/17	9:15-10 AM	\$70/\$85

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 16+				M/NM
6495	Tu	9/4-12/18	7:40-8:25 PM	\$75/\$91
6496	W	9/5-12/19	9:20-10:05 AM	\$75/\$91
6403	Th	9/6-12/20	7:40-8:25 PM	\$70/\$85
6404	F	9/7-12/21	9:20-10:05 AM	\$70/\$85
6402	M	9/10-12/17	9:20-10:05 AM	\$70/\$85



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group are not required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. Choose to attend once, twice or three times a week. Please note: some sessions meet in our outdoor fitness pool.

This course will meet in our outdoor fitness pool for the month of September and move to our indoor South pool for all sessions after that.

Age: 16+				M/NM
6578	M,W,F	9/5-12/21	6:30-7:30 AM	\$207/\$253
6576	W, F	9/5-12/21	6:30-7:30 AM	\$160/\$192
6562	W	9/5-12/19	6:30-7:30 AM	\$91/\$110

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14+				M/NM
6551	Tu	9/4-12/18	11:05-11:50 AM	\$82/\$100
6552	Tu	9/4-12/18	9:15-10 PM	\$82/\$100
6507	Th	9/6-12/20	11:05-11:50 AM	\$77/\$94
6508	Th	9/6-12/20	9:15-10 PM	\$77/\$94

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14+				M/NM
6560	Su	9/9-10/21	7-8:30 PM	\$95/\$107
6561	Su	10/28-12/16	7-8:30 PM	\$95/\$107

Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14+				M/NM
6258	Su	9/9-10/21	8:05-8:55 AM	\$64/\$72
6259	Su	10/28-12/16	8:05-8:55 AM	\$64/\$72

Senior Swim

Senior Aquacize – Advanced

This swim course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+				M/NM
6227	W	9/5-12/19	11:05-11:50 AM	\$36/\$45
6222	F	9/7-12/21	11:05-11:50 AM	\$34/\$42
6221	M	9/10-12/17	11:05-11:50 AM	\$34/\$42

Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

Age: 60+				M/NM
6228	W	9/5-12/19	10:10-10:55 AM	\$36/\$45
6224	F	9/7-12/21	10:10-10:55 AM	\$34/\$42
6223	M	9/10-12/17	10:10-10:55 AM	\$34/\$42

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
6226	Tu	9/4-12/18	2:05-2:50 PM	\$36/\$45
6220	Th	9/6-12/20	2:05-2:50 PM	\$34/\$42

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required.

Age: 60+				M/NM
6229	W	9/5-12/19	2:35-3:20 PM	\$36/\$45
6225	M	9/10-12/17	2:35-3:20 PM	\$34/\$42

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional swim skills in this modified exercise program. Tailored to individual needs.

Age: 18+				M/NM
6553	Tu	9/4-12/18	10:05-10:55 AM	\$84/\$105
6545	Th	9/6-12/20	10:05-10:55 AM	\$79/\$99

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized. Swimming skills not required.

Age: 18+				M/NM
6557	W	9/5-12/19	9:15-10:15 AM	\$84/\$105
6522	M	9/10-12/17	9:15-10:15 AM	\$79/\$99



Certification and Training

Lifeguard Training

The American Red Cross Lifeguard Training course will prepare students for certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 lbs brick retrieval within one minute forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). A detailed Course Schedule / Syllabus will be provided on the first day of class. Students MUST attend all class sessions as scheduled.

Age: 15+				
6577	W-Sa	12/26-12/30	2-9 PM	\$195

Lifeguard Training Review

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards in looking to renew their certification. Upon successful completion of the course, certification in Lifeguard Training, CPR/AED for the Professional Rescuer and First Aid will be issued for a two year period. Students must be 15 years old by the last day of the course and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 pound brick retrieval within one minute forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). Students MUST attend all class sessions as scheduled.

Age: 15+				
6574	Sa,Su	12/22-12/23	3-10:30 PM	\$125
6575	Sa,Su	1/5-1/6	3-10:30 PM	\$125

All events are on
Thursdays and
start at 7 p.m.

•
This co-sponsored series
is free and open to all.



Light
refreshments
will be served.

•
603 Edmonston Drive
Rockville Glenview Mansion
F. Scott Fitzgerald
Theatre/Social Hall

200 Years of Education Thursday, Aug. 9; 7 p.m.

F. Scott Fitzgerald Theatre/Social Hall
Ralph Buglass, historian and author of "Legacy
Lost." Light refreshments will be served.
This co-sponsored series is free and open to all.

Public Art and the Rockville Cityscape

Thursday, Oct. 11; 7 p.m.
F. Scott Fitzgerald Theatre/Social Hall
Dr. Teresa Lachin, architectural historian. Light
refreshments will be served.

For more information,
call 240-314-8660 or glenview@rockvillemd.gov



Four family movies. Four nights.
Four neighborhood parks.

On the big screen every Wednesday

Toy Story (G) – Wednesday, Aug. 1
Montrose Park, 451 Congressional Lane

CoCo (PG) – Wednesday, Aug. 8
Maryvale Park, 812 First Street

**Little Giants (PG) –
Wednesday, Aug. 15**
Matty J.T. Stepanek Park, 1800 Piccard Drive

Moana (PG) – Wednesday, Aug. 22
Potomac Woods Park, 1380 Stratton Drive

Aug. 1-22

Chairs, blankets, food and beverages are welcome. Movies begin at dusk
(approximately 8 p.m.).

www.rockvillemd.gov/moviesintheparks

ACCESSIBILITY IMPROVEMENT

Construction of the new ADA-compliant parking and access will take place at Glenview Mansion between August and November. The facility will have limited access during construction.



GLENVIEW MANSION

National Register of Historic Places

240-314-8660

603 Edmonston Drive
www.rockvillemd.gov/glenview

COME SING ALONG AUDITIONS

Come Sing With the Rockville Chorus!

Auditions will be held on Monday evening,
Sept. 10. To schedule your audition time,
email jfarrell@rockvillemd.gov or
call Julie at 240-314-8682.

2018 Holiday Concert Sunday, Dec. 16, 7:30 p.m.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

www.rockvillemd.gov/arts/chorus or
Rockvillechorus.com

22ND ANNUAL F. SCOTT FITZGERALD LITERARY FESTIVAL SATURDAY, OCT. 20 • 8:00 A.M. - 6:30 P.M.

Richard Montgomery High School

250 Richard Montgomery Drive, Rockville, MD 20852

Honoring Pulitzer Prize winner Richard Russo, recipient of the F. Scott Fitzgerald Outstanding Achievement in American Literature.

- Master Class – Richard Russo
- Panel Discussion – “A Conversation with F. Scott and Zelda Fitzgerald’s Granddaughters and Great Granddaughter”
- Screening of “Nobody’s Fool” (1994) – Q & A with Richard Russo
- Bus Tour of “Fitzgerald’s Haunts in Rockville”
- Writing workshops in fiction and nonfiction taught by Susan Coll, Paul Goldberg, Margaret Talbot, E. Ethelbert Miller, Patricia Griffith and Caroline Bock.

**For more information visit www.fscottfestival.org
or call 301-309-9461**

Rockville Civic Ballet

Eleanor Simpson, Director



The Nutcracker

Saturdays, Dec. 1 & 8 – 2 p.m. & 7:30 p.m.

Sundays, Dec. 2 & 9 – 2 p.m.

F. Scott Fitzgerald Theatre at Rockville Civic Center Park

Tickets: \$17 Adults
\$13 Children (12 years old and under)
\$13 Seniors (60 years old and older)
Group Rates: \$16.50 for 7 or more adult tickets
\$12.50 for 10 or more children/
senior tickets

For tickets: 240-314-8690

Assigned seat tickets may be purchased in person, by phone, by mail at the F. Scott Fitzgerald Theatre Box office or online at www.rockvillemd.gov/theatre.

Rockville Concert Band

John A. Saint Amour, Music Director

2018 Concert Series - 3 p.m.

F. Scott Fitzgerald Theatre at Rockville Civic Center Park

Sunday, Oct. 14 - 100th Birthday of Leonard Bernstein

Celebrating one of America's iconic composers with musical works by Bernstein and his many talented friends.

Sunday, Nov. 18 - Head West!

Musical selections depicting the American West, from the old West, to the rugged landscape, to the rivers, open plains, and cities that remind us why we look to the land of the setting sun.

Sunday, Dec. 16 - Winter BLISS: Ballet, Latkes, Ice, Snow and Santa

Everything we love about the Holiday season!

No tickets required; \$5 suggested donation.

For information: 240-314-8681

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Box office: 240-314-8690
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

The Washington Metropolitan Gamer Symphony Orchestra presents: **Chambers & Consoles**

Sunday, Aug. 5 at 4 p.m.

General admission \$10 in advance,
\$12 at the door.

The Victorian Lyric Opera Company presents: **The 6th Great Gilbert & Sullivan Sing-Out**

5 performances, all different shows!

Friday, Aug. 31 at 7 p.m.

**Saturday, Sept. 1 at 9 a.m.,
1:30 p.m., 7 p.m.**

Sunday, Sept. 2 at 9:30 a.m.

Tickets: Adults \$28 / Seniors (65+) \$24 /
Students \$20

Rockville Concert Band presents **100th Birthday of Leonard Bernstein**

Sunday, Oct. 14 at 3 p.m.

\$5 suggested donation at door.

Rockville Little Theatre presents: **The Diary of Anne Frank**

Sept. 28 – Oct. 7

Friday and Saturday at 8 p.m. | Sunday at 2 p.m.

Tickets: Adults \$22 / Seniors (62+) and
Students \$20

Rockville Musical Theatre presents **Brigadoon**

Oct. 26 – Nov. 11

Friday and Saturday at 8 p.m. | Sunday at 2 p.m.

Adults \$25 / Seniors (62+) and Students \$23

Heart of Maryland presents: **Annual Concert**

Sunday, Oct. 28 at 1 p.m.

For more information about tickets, contact the
box office.

Washington Balalaika Society presents: **Fall Concert**

Saturday, Nov. 17 at 8 p.m.

For more information about tickets, contact the
box office.

Rockville Concert Band presents **Head West!**

Sunday, Nov. 18 at 3 p.m.

\$5 suggested donation at door.

Hope Garden Children's Ballet presents: **A Christmas Carol**

Saturday, Nov. 24 at 1:30 p.m. and 6 p.m.

For more information about tickets, contact the
box office.

Rockville Chorus

Sunday, Dec. 16 at 7:30 p.m.

Join us in the lobby after the show for light
refreshments. Free

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at
www.rockvillemd.gov/theatre • Box office is open Tues.-Sat., 2-7 p.m. and
two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

New Online Registration System

CivicRec, powered by Rec1, our new online registration system, allows you to easily create an account, search, register, pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone.

CIVICREC
Powered by 

Donate to the People-Helping-People



Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration

Online Donation Course #s

\$25 – #2232

\$50 – #2233

\$75 – #2234

\$100 – #2235

\$250 – #2236

- Click on Log in or Create account
- Enter your desired donation course number above

Donations by check may be made out in any amount to Rockville Recreation Fund

Mail to: Rockville Department of Recreation and Parks
Rockville Youth Recreation Fund Donation
111 Maryland Ave., Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers
Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Rob DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to provide support such as:

- scholarship funds for the Rockville Youth Recreation Fund
- equipment including electronic scoreboards, wall pads, inflatable movie screen and more
- free swim lessons for eligible participants
- field renovations and improvements at Mattie J.T. Stepanek Park and Dogwood Park



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org
240-314-8867

Name: _____

Address: _____

Email: _____

Phone: _____

This gift is in honor/memory of: _____





Inclement Weather Policy

www.rockvillemd.gov

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Sports Leagues

Call 240-314-5055, the sports weather information line for updates on leagues.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov/swimcenter and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015, Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center	240-314-8770
Directions Line:	
Civic Center	240-314-5004
Senior Center	240-314-5019
Swim Center	240-314-5010
Lincoln Park Community Center	240-314-8780
Parks and Facilities Maintenance	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion	240-314-8660
F. Scott Fitzgerald Theatre Box Office ..	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line)	240-314-5055
Thomas Farm Community Center	240-314-8840
Twinbrook Community Rec. Center	240-314-8830
TTY (City Hall)	240-314-8137

We are now accepting medical assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.

Registration Begins:

- **Tuesday, July 31** for all swim center and Senior Center members, **Thursday, Aug. 2** for general and nonmembers 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Rate Key:

Prices are listed as

Resident (R), Nonresident (NR)

Member (M), Nonmember (NM)

**Most convenient method.
Seven days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Registration under
"Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

2018 Registration Form | Formulario de inscripción

*Required Info | Info Requerida

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees* Costo*

Rec Fund | Fondo de rec.: \$ _____ Sr. Ctr. Mem | Centro de Ancianos: \$ _____ Multi-Course Discount | Descuento por asistencia a varios cursos : \$ _____
\$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ _____

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8620 • www.rockvillemd.gov/recreation • Fax: 240-314-8659
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Rocktoberfest

BEER & MUSIC

Hosted by the
Rockville Mayor
and Council



Saturday, Oct. 6
11 a.m.-5 p.m.

in Rockville
Town Center

240-314-8620
www.rockvillemd.gov/Rocktoberfest



City of
Rockville
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